

Potomac ALMANAC

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& Gift Guide 2013

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Bough-ing to the Season

Garden club spruces up historic tavern for the holidays.

BY SHARON ALLEN GILDER
THE ALMANAC

Traveling along the winding, woodland-bordered stretch of MacArthur Boulevard to the entrance of the Chesapeake & Ohio Canal National Historical Park offers an added bonus this time of year. On Monday, Dec. 2, the façade and interior rooms of the park's historic Great Falls Tavern were decked-out with holiday décor by 25 members of Potomac's Little Farms Garden Club. The club has been decorating the Tavern since 1978.

A sojourn to the park reveals the structure built in 1828 as a lockhouse and its 1831 addition of north and south wings suggested by its first locktender, W.W. Fenlon. He wanted to establish an inn to accommodate the growing numbers of guests visiting the area to escape the hustle and heat of the city.

Club members worked for three hours with a fragrant collection of greens including boughs of white pine and magnolia, Fraser Fir, nandina with berries, and holly to complete the project. Pinecones, collected over a 20-year period and stored at the Tavern, revisit the botanical displays each year.

Handcrafted red velvet bows with gilded edges have been tucked into swags, window sprays, lamp-posts, mantle arrangements, fireboxes, and twin jardinières that flank the front door. They complement the red color of the berries and stand out against the verdant foliage. Support posts on the north and south wings of the inn look like giant candy canes with



Members of the Little Farms Garden Club participated in a decorating project for Great Falls Tavern.

PHOTO COURTESY OF LITTLE FARMS GARDEN CLUB



Members Debra McDonald, Traci Hoffman and family friend, Julia Peacock.

PHOTO BY BETTY LEE



A holiday spray on a window sill ledge at the Great Falls Tavern.

PHOTO BY SHARON ALLEN GILDER

spirals of greens twisted around them, capped with red bows.

The centerpiece of the overall design is a

40-foot long garland above the main portal created by Traci Hoffman, a club member for 12 years and committee chair for the

project. "The garland goes over the door and welcomes everyone to the Tavern. It's a labor of love because it's a difficult piece to complete and requires a lot of wiring of the fresh greens," said Hoffman. She said the club joined in a partnership with the park rangers to meld their talents and resources to beautify the national landmark for the community during the holiday season.

Catherine Bragaw, supervisory park ranger for the Palisades District, said the traditional trimmings created by the women help bring the Tavern alive for the season. "It really reflects the time period when the Tavern and the lock here bustled with activity. The Victorians and the 19th century period had an absolute passion for the season. It gives a connection to the past in a very human way," said Bragaw.

Seven-year club member and project photographer, Betty Lee, helped member Sandy Lavery prepare the fireplace swag. "I said, 'Let's get some stuff and design it on the spot and it will come together.' I always like a team effort and everyone enjoyed it so much. I'm in awe of so many of these women. There are so many talents I didn't

know. I told Traci if she became a professional, I'd hire her if I could afford her. She is incredible and has a lot of wonderful ideas," said Lee.

Bragaw echoed the Tavern's tradition of hospitality and sentiments of the season: "I like to think of our parks as our community places and we're so fortunate that everyone loves the C & O Canal so much. There's something wonderful about bringing in the greens especially when a lot of the trees and plants that are native here have shed their green. Bringing the greens closer to the hearth reminds us that spring will come again." For more information visit: <http://www.nps.gov/choh/index.htm>

Great Falls Tavern is located at 11710 MacArthur Blvd. Call 301-767-3714.

'Jolly Fat Man's Run/Walk' Benefits Operation Second Chance

Participants commit to fitness and support veterans.

BY SUSAN BELFORD
THE ALMANAC

It's time to drag yourself out of bed, don your ear muffs and head to the Capital Crescent Trail to run with the "Jolly Fat Man" after you warm up with The Sergeant's Program's Chuck Dyson to the "Go Granny Song." For 18 years, The Sergeant's Program has brought its recruits, friends and at least one jolly fat man to run and walk down the trail to support a wor-

thy charity linked to the military roots and theme of its program. For the second year, they have chosen to support Operation Second Chance (OSC).

"OSC is extremely pleased to be chosen the charity partner for The Sergeant's Program's Jolly Fat Man Run," said OSC founder, Cindy McGrew. "As an organization that supports our Armed Forces, we are a great fit." Founded by McGrew in 2004, OSC, a 501 C (3) non-profit, is committed to serving the wounded, injured and ill combat veterans. They support veterans and their families while they recover in military hospitals by building relationships and identifying and supporting their immediate needs and interests. The organization is also dedicated to promoting public awareness

of the many sacrifices made by members of the Armed Forces.

Headquartered in Potomac, the Sergeant's Program is the original and oldest civilian bootcamp program in the country. Founded by Grant Stockdale, it operates civilian military-style bootcamp classes throughout the Washington D.C. area — including the Potomac and Avenel classes. Their theme of "Be All You Used To Be" is a motivational force behind many Potomac residents who

have enlisted in The Sergeant's Program bootcamps. The program offers a conditioning routine designed to "whip even the flabbiest of recruits into decent shape within a few short weeks — and then keeps them in shape through 'maintenance' which is ongoing after the initial phase of the program."

This run begins at 8 a.m. on Dec. 14 when runners/walkers gather in front of Mon Ami Gabi, 7239 Woodmont



SEE JOIN, PAGE 5

LET'S TALK Real Estate



by Michael Matese

Hot Trends: The Luxury Bathroom

Simple upgrades are hot commodities, adding to your home's value over time, indulging you as you enjoy them. Even the most modest home can take it up to the next level, incorporating luxury into often overlooked rooms. To create your own luxury, start with the bathroom. It's a room that's often overlooked, due to its functionality—but more and more homeowners are focusing on the bathroom as a room of therapeutic relaxation and comfort, incorporating luxurious flourishes to their bathrooms to create the sensation of a spa retreat. These upgrades range from simple upgrades to state-of-the-art unique fixtures, each of which add to your home's overall value and take it to the next level when it comes time to put it on the market. Here's a sampling of some of the ways you can upgrade to a luxury bathroom, and maximize the potential of a room that every home has to work with!

Standing Spas

• In today's luxury bathroom, the incorporation of multiple showerheads, water diverters and automated temperature control systems create the ambiance of a spa in the vertical setting of the shower. These upgrades can be as simple or as elaborate as the homeowner desires and add a touch of elegance and indulgence to any master bathroom.

Heated Tile Flooring

• In keeping with the modern trend to create home-spas in the bathroom suites of luxury homes, the addition of heated tiles is again, a trend that is on the rise in popularity with luxury homeowners who choose to upgrade and maximize the comfort and value of their home. Radiant heating from this type of tiling add coziness and is inviting even during summer months. For homeowners who are considering new flooring in either a prospective home or a current home, or for luxury homes already on the market, heated tile flooring is easy to install and can be a great selling point for any luxury home.

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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NEWS

Bullis Debuts Its STEM Program

Students learn through hands-on experiences.

BY SUSAN BELFORD
THE ALMANAC

STEM is an acronym for Bullis' new Science, Technology, Engineering and Math signature program. Some students are building robots while another class has designed a Rube Goldberg machine — a marvel that includes an entire class working as teams to make the marble ring a bell. Two students are researching and will devise a more efficient cafeteria system for Bullis. Some are working with the DNA molecule in state-of-the-art learning activities.

The new program focuses on building, manipulating, technology, team-work, thinking analytically and creatively. As students work towards mastering skills in these disciplines, they are challenged with hands-on learning experiences.

This is the initial year of the STEM program at Bullis — and



Ace Huang and Noah Spriggs work on their robot.

students, grades 2 through 12 are getting involved. Depending on the grade, students perform a myriad of exploratory experiments that teach them both abstract and concrete learning skills. The second-grade classes are studying

plant science with seed planting and harvesting, gardening and learning about soil and nutrients. The Lower School is learning about the human body. As one of their projects, they will build a knee brace and act out the parts

of the body. Some middle schoolers will design and construct a jet balloon car while others will study the Chesapeake Bay.

Students in the Upper School focus on more specific areas of science, technology, engineering or mathematics. They are encouraged to investigate real world problems — and to design real world solutions. As the course guide explains: "Students will 'Ask, Imagine, Plan, Create, Present, Evaluate, and Improve' as they engage in opportunities to make a positive impact in their community." By their senior year, students will complete a Capstone Project.

Bullis Stem Coordinator Faith Darling said: "I'm really excited about what's coming together. We are creating a program rich with real-life learning opportunities that invite all students to explore the world around them while challenging them to tackle tough problems. The lab experiences are authentic and the kids are enjoying scientific research and exploration, engineering, technology and medical science. It's thrilling to see them so involved."

"I believe that we can find op-

SEE HANDS-ON, PAGE 7

What's the Story with Auld Lang Syne?

A new year's tradition.

BY CAROLE FUNGER
THE ALMANAC

With the approach of the New Year comes the inevitable singing of Auld Lang Syne. Ever wonder why this song is so popular and how it became an age-old tradition?

Auld Lang Syne is actually a Scottish poem first transcribed by Robert Burns in 1788. Burns, who was known as Scotland's National Poet, copied down the poem as part of a commission he received to collect and arrange old songs for the Scots Musical Museum. Although other versions of the same poem existed in oral tradition at the time, Burns was the first to create a manuscript from the lyrics.

He later set the poem to the tune of a traditional folk song.

Translated literally into English, Auld Lang Syne means "Old Long Since." More commonly, Auld Lang Syne is translated as "Long Long Ago," "Days Gone By," or simply "Old Times." Burn's song quickly caught on in Scottish society where singing it became a tradition to mark the beginning of the new year. As people emigrated from Scotland, the song spread across the Atlantic where it became popular in America as well.

It is the Canadian-American bandleader Guy Lombardo, however, who must be credited

with making the song truly famous. Lombardo was well known for his annual New Year's TV and radio broadcasts, which drew millions of listeners and viewers across the U.S. Beginning in 1929, he started broadcasting Auld Lang Syne as part of his New Year's special. The song became his trademark and, to this day, a recording of Lombardo's band performing the song is played every New Year's Eve in Times Square.

There are many versions and translations from the Scottish of Auld Lang Syne. This is the most common English translation:

AULD LANG SYNE

Should old acquaintance be forgot,
And never brought to mind?
Should old acquaintance be forgot,
And old lang syne?

CHORUS:

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup of kindness yet,
For auld lang syne.

And surely you'll buy your pint cup!
And surely I'll buy mine!
And we'll take a cup o'kindness yet,
For auld lang syne.

CHORUS

We two have run about the slopes,
And picked the daisies fine;
But we've wandered many a weary foot,
Since auld lang syne.

CHORUS



From left: Librarians Helen Sun, Anne Gerlach and Sharon McCarthy are holding the library's copies of the Burns' poem and Auld Lang Syne sheet music, available at Potomac Library.

We two have paddled in the stream,
From morning sun till dine,
But seas between us broad have roared
Since auld lang syne.

CHORUS

And there's a hand my trusty friend!
And give us a hand o'thine!
And we'll take a right good-will draught,
For auld lang syne.



Participants in last year's "Jolly Fat Man's Run/Walk."

PHOTO CONTRIBUTED

Join 'Jolly Fat Man's Run/Walk'

FROM PAGE 3

Ave, Bethesda, for warm-up exercises and stretches. Unlike most charity races, participants can choose their distance. They can run or walk as far as they want on the Capital Crescent Trail — 3 miles, 7 miles or even 14 miles — all the way to Georgetown and back. When they return, a post-run celebration will take place at the American Tap Room in Bethesda for all participants and family members as well as for OSC members and their families.

Dyson, who leads the Potomac bootcamp, has participated in every Jolly Fat Man Run/Walk since the inception. He loves the con-

cept: "I get a chance to meet a lot of participants who only come here for this one event. I love helping to make the run/walk successful, helping to warm up the runners and walkers — and see people committing to fitness. There's nothing better than helping with such a meaningful cause."

Register for the Jolly Fat Man's Run/Walk at www.sarge.com. It's \$40 and participants will receive a t-shirt and breakfast and have a chance at raffle prizes. There will be an early-packet pick-up/Happy Hour from 6-9 on Thursday, Dec. 12 at the American Tap Room in Bethesda. Packets can also be picked up after the race on Saturday.

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Alexandria resident and runway model, **Tameka Young**

EXTRAORDINARY

Alexandria

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GIFT GUIDE

Gifts for Foodies

Local gourmets share their favorite products for the food lovers on your list.

BY MARILYN CAMPBELL
THE ALMANAC

Whether you're shopping for a seasoned cook or a budding culinary enthusiast, buying presents for a foodie can be a daunting task. What's the best pan? The coolest gadget? The latest trend in desserts? Local gourmets come to the rescue with culinary goodies to entice even the most discerning of food aficionados.

Nancy Pollard, owner of La Cuisine in Old Town Alexandria, suggests the Thermapen cooking thermometer. "This is clearly the best probe thermometer on the market," said Pollard. "It has gotten a lot of kudos from chefs and test kitchens."

Also on Pollard's list are mortars and pestles made from Carrara marble. "We buy these in Carrara, Italy, said Pollard. "They are made of pure white Carrara marble so it is so much easier to see what you are doing. The one that that is particularly useful is 22 centimeters because it is big enough to make mayonnaise, pesto and other sauces."

Chopping vegetables can even be made more interesting with a custom-made cutting board, says Lenora Lawson chef faculty at The International Culinary School at The Art Institute of Washington in Arlington. "You can get a cutting board in the shape of your home shape or even a cutting board that has Van Gogh's art on it."

When it comes to kitchen tools, "I'd suggest a nonstick baking mat ... a lovely wooden French rolling pin, a beautiful olive wood cheese board — with a cheese for sampling, of course — or a fun, colorful, Swiss-made Kuhn paring knife," said Nichole Ferrigno, a certified holistic health coach and chef at L'Academie de Cuisine in Bethesda. "It comes in lots of bright colors and with a safety sheath, making it a great addition to a picnic basket."

Culinary instructor Andie Nelson of Creative Kids Kitchen, LLC in Arlington, says her top recommendation is a Vitamix blender. "[This is] the blender that seems to have become a religion among foodies," she said. "This big-ticket item would definitely make any foodie or health-conscious person very, very happy. It even makes soup."

ANOTHER GIFT SUGGESTION on Nelson's list is aimed at helping save a few trees while adding an elegant touch to the kitchen. "I think that having great linens in

A black, Italian linen apron, like this one by Marcy Butler Designs, will help your food lover's clothes stay clean during meal preparation.



PHOTO COURTESY OF LA CUISINE

the kitchen is highly under-rated," she said. "Many cooks buy lots and lots of paper towels, but I can tell you that having a great set of dish towels — French dish towels are the best — can be a worthwhile and beautiful investment for the kitchen."

Help keep clothing stains at bay with an apron by Marcy Butler Designs. "This is a local designer," said Pollard. "The aprons are made from Italian linen, but they were made in the United States."

If your foodie prefers cookbooks, sweet treats abound in "Fat Witch Brownies: Brownies, Blondies, and Bars" from New York's Legendary Fat Witch Bakery by Patricia Holding. "This book has great recipes for brownies," said Pollard. "We usually suggest that people give this book along with a set of Italian seven-inch disposable square pans. Her recipes will make two perfect square pans of brownies and you can put one in the freezer."

For young cooks, Pollard suggests "Best Lunch Box Ever: Ideas and Recipes for School Lunches Kids Will Love" by Katie Sullivan Morford. "This is a great book for teenagers or anyone over the age of 7," said Pollard. "It encourages them to make their own lunches for school."

Pollard also suggests "The Washington Post Cookbook," curated and edited by Bonnie Benwick, the deputy food editor of the Washington Post. Pollard herself created three of the recipes, including two for Thanksgiving. She says one of her favorite recipes is the Man Catcher Brownies, which she created.

Another interesting read, says Pollard, is "The Billionaire's Vinegar: The Mystery of the World's Most Expensive Bottle of Wine" by Benjamin Wallace. The book tells a true story of a 1787 Château Lafite Bordeaux — supposedly owned by Thomas Jefferson — that sold for \$156,000 at auction.

Ferrigno suggests going a step beyond cookbooks and sending your foodie back to school. "There is such an array of options available," she said. "One could sign up for a knife skills class, a topic specific class like 'puff pastry,' or something more fun and experience oriented, like a couples cooking class, or 'girls' night out.' This is such a fun gift."

CONSUMABLE GIFTS are also on Ferrigno's list: "A bottle of good Champagne or Scotch, beautiful pink or grey sea salts, a spice collection ... or a box of homemade baked goodies" are always hits, she said.

For beer lovers, Lawson suggests a beer brewing kit. "It is something different," she said. "Rather than buying beer, they can make their own and appreciate the beer-making process."

Hands-on Learning

FROM PAGE 4

opportunities for our children, at any age, to explore their world and attempt to solve some very real problems through STEM. Unencumbered by the perceived limitations adults often work around, children explore possibilities that we might dismiss and find solutions that are creative yet simple. While my focus is to develop these skills in children in the areas of science, technology, engineering and mathematics, these are skills that translate to all areas of study and will foster a generation of problem-solvers. I look forward to collaborating with the arts, humanities, global studies and entrepreneurship departments as opportunities arise to model collaboration and out of the box thinking.”

The STEM program includes a QUEST internship in which a Bullis team of seniors — Cody Branchaw, Adam Cohen and Brian Mitchell — visit the University of Maryland each month to attend the meeting of UMD’s senior QUEST capstone course and hear project updates from the college teams. They are working with Millennium Engineering and Integration, a company that consults with the Department of Defense and the Department of Homeland Security. This gives them an opportunity to meet with a team of professional and solve real problems.

Students taking the Robotics class attended the University of Maryland Robotics Day. They are participating in the First Tech Challenge, a head-to-head high school robotics competition in which teams from across the country design, build and program robots to compete in an alliance format. Other students from the STEM program attended Delaware’s “Pumpkin Chunkin” contest to study the world of physics and catapults. Next year, they are looking forward to entering the Bullis design.

The robot designed by students will move forward, backward, lift items and will be designed to do even more. “We have written thousands of lines of code to make our robot move,” said senior Noah Spriggs. “It’s one of the most meaningful projects we’ve ever been involved in, because we work as a team and are always thinking about how to make it better.”

Students can select from many courses including epidemiology, molecular biology, game design, robotics, sports medicine, CAD design, electrical and mechanical engineering, environmental science and many AP classes.

“These courses are really engaging,” says Bullis student, Jonathan Laetsch. “I enjoy the hands-on and find them more relaxing because we can move around and are actually learning by doing.”



From left: Adam Cohen, Brian Mitchell and Cody Branchaw are part of a QUEST internship.



Ace Huang and Kendall Buck help their robot lift a pole while coordinator Faith Darling looks on.



Dr. Duruhan Badraslioglu with students trying to make the marble run completely through the Rube Goldberg machine.

PHOTOS BY SUSAN BELFORD/THE ALMANAC

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HOLIDAY GIFTS & ENTERTAINMENT

Spreading Holiday Cheer

Wine shops from around the region give their suggestions for bottles to bring to holiday parties.

BY AMBER HEALY
THE CONNECTION

Holiday season means parties, hostess gifts, office Secret Santas and other occasions where many people bring a bottle of some spirit or other to spread good tidings.

So what to pick up? What's right? What kind of wine goes with what kind of food? And where to go for some good advice?

A handful of wine shops provide some advice for Connection readers for a happy party season.

ARROWINE

4508 Lee Highway, Arlington, Va.

The holiday party season used to be limited to the time between Thanksgiving and New Years, but some companies are scheduling parties into January, making the festivities last a little longer, said Doug Wedding, a clerk at Arrowine in Arlington.

A good choice for holiday parties during cold weather are "high-end big reds, Champagne, ports and aged Malbecs," he suggested. Red wines are popular when the weather gets colder because they make the drinker feel warmer and compliment many heavy, festive dinners, including roasts.

If bringing wine as a hostess gift to a dinner party, "try to assess what you're having for dinner," Wedding said. "If you don't know, taking a Meritage or blend, maybe a Bordeaux with Cabernet, Merlot or Cabernet Franc," as those

wines tend to compliment heavy dishes with delicate flavors that don't overwhelm.

For his Christmas dinner, Wedding said his family enjoys paella, a Spanish dish that typically contains a variety of spices and meats, ranging from chicken and sausage to shrimp. His personal favorite wine for that dish is an Abariño, "a wonderfully delicate wine that pairs well" with a complex, flavorful dinner.

If the main course, or any course, involves fish, don't automatically assume white wine is the only way to go, Wedding said. "You can start with a white with some weight to it," he said. A Pinot Grigio, which is slightly acidic and can cut the oiliness of the fish, is a good choice. After that? "Red all the way," he said.

Of course, for New Years Eve and other festive times, it's hard to go wrong with bubbly beverages, from French Champagne to Italian Prosecco or Moscato.

"The myth is that champagne is only for celebrations," Wedding said. "I'd drink it every day."

Big sellers this year include Argentine Malbecs, and the stock at Arrowine is extensive to reflect consumer's demands. "For newbies as well as those with a more experienced palate, it just works," he said.

For those who would rather talk to someone before purchasing a bottle or 10, find a wine store that can be trusted, or look on the back of a bottle that was enjoyed. See who distributed that bottle locally, and find out what other kinds of wines come in through the same importer or distributor, Wedding said. That can

Grateful Red, a wine store in Arlington's Clarendon neighborhood, offers a variety of wine-based gifts, ranging from custom-made gift baskets to richly scented candles made in old wine bottles.



PHOTO BY AMBER HEALY/ THE CONNECTION

be a good way of paring down what can be an intimidating selection process.

All else fails? Ask. Ask the people at a local wine store, especially if it's a place where a customer is used to going. Be honest and forthcoming about wine preferences, either of the purchasers or the ones who will be enjoying the bottle, and discuss the person who will be enjoying the wine to make an educated guess.

THE BOTTLE SHOP Potomac Woods Plaza, Rockville

With glittery lights filling sidewalks and house fronts alike, December takes on a shimmering appearance, which might inspire the surge in popularity for sparkling wines.

Or maybe it's just the endless parties and end-of-year festivities.

That's always the case at The Bottle Shop, said Christina Findley, the store's owner.

"From Prosecco to true Champagne, it's always a popular type" throughout the holiday season, she said.

There are plenty of other festive selections to consider, including mulled wines. It's easy to make, and many wine stores will have packages of pre-made mulling spices, sold in boxes containing pouches like tea sachets. Just heat a medium-bodied red wine, mix in the spices and enjoy, she said.

When trying to find a wine to give as a gift, it's best to know the person's preferences, Findley said. But some people come in wanting to commemorate an occasion, like the anniversary of a trip or a milestone wedding anniversary.

"Maybe you took a trip to Italy with your best friend 10 years ago and you want to remember that," she said. If that's the case, it's possible to make a personalized selection that comes close

to something enjoyed during a trip, even if it's not exactly the same wine.

Wine retailers take on a festive feel in stores during November and December, which are the busiest months for them, she said. Odds are, if a customer is in the store looking for something other than a sparkling wine, he or she is looking for a bottle of something red.

"It's warming," she said.

Purchasing wine can be daunting, especially for those who don't usually drink wine. But staff are there to help. "Finding a good wine store where people can make recommendations, tell you which wine goes with what foods" can make all the difference, Findley said. "We pride ourselves on making personal recommendations, which can make wine buying feel less intimidating."

THE CLIFTON WINE SHOP 7145-C Main Street, Clifton, Va.

Like other proprietors, Lucinda Lawson, owner of the Clifton Wine Shop, is selling plenty of bubbly wines this time of year.

"We get lots of people asking about Champagne and other sparkling wines," she said. As she deals mostly with small producers, she's able to point to a few varieties, including some from Thibaut-Janisson, a winery based out in Monticello. It's one of her favorites and a great local selection, she said.

But don't overlook the Rosé, Lawson advised. "Don't be afraid of a sparkling Rosé or Rosé in general. It's great on the Christmas table," she said.

Rosé is a lighter wine made with red wine grapes, but the skins are only kept in the fer-

mentation process for a short time, imparting the lighter color, she explained. "You get a little of the flavor of red wines without the heaviness, and it's a drier wine, not as sweet."

Rosé wines don't have the citrus or buttery notes of white wines like Chardonnay that can conflict with some dinner menu selections. "Rosé is usually a little cherry flavor, or maybe blackberry. It's not sweet," she said.

Don't be afraid to ask questions in a wine store, whether it's about the wines offered, the wineries featured or for suggestions on what to get for friends. It helps sellers give better advice, especially if there's some information on what kind of wine the recipient likes or what will be served for dinner, Lawson said.

Mulled Wine

Fight off Jack Frost's wintry bite with this recipe for mulled wine, courtesy Christina Findley at The Bottle Shop in Potomac, Md.

1 bottle of red wine (try: Cabernet Sauvignon, Zinfandel, Merlot or Garnacha) or a six-pack of hard cider
1 Orange, juiced and zested
1/4 cup brandy
8 whole cloves
1/4 cup honey or sugar (if using wine or a dry cider, most ciders may be sweet enough)
3 cinnamon sticks
1 tsp fresh or 2 tsp ground ginger (allspice or star anise can be substituted)
Gently warm all ingredients on stove or in crockpot taking care not to let the mixture boil. Taste and add more sweetener if you desire. Strain and serve in mugs.

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CALENDAR

Email community entertainment events to almanac@connectionnewsletters.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. Visit www.adventuretheatre-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. Proceeds benefit local charities. Call 301-258-6350 or visit www.gaitersburgmd.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. Through Friday, Jan. 10, see "Lyle the Crocodile" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 4-12. Sensory-friendly performance on Dec. 15 at 11 a.m. Tickets start at \$12. Visit www.imaginationstage.org or 301-280-1660 for tickets.

Theater Performance. See "Aquarium" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs Dec. 17-Jan. 26. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays at 10 a.m. and 11:15 a.m. 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 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.

Drop in Art Activities. Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org.

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.mccrc.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 Music. 1-4 p.m. at Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac. Gilmore

Light Ensemble, a Civil War preservation group of musicians, will present a holiday sing-a-long and recital. The event is sponsored by Friends of Historic Great Falls Tavern, who will provide light refreshments. Call 301-767-3714.

Holiday Open House. 1-4 p.m. at Glenview Mansion, 603 Edmonston Drive, Rockville. Enjoy free entertainment and activities at the mansion. Visit www.rockvillemd.gov/glenview or 240-314-8660.

Waltz Dance. 2:45-6 p.m. at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Sugar Beat. \$10. Visit www.waltztime.com for more.

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.

Argentine Tango. 6:30-11 p.m. at Rockville Senior Center, 1150 Carnation Drive. See www.mccrc.org.

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. Sligo Creek Stompers provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org.

THURSDAY/DEC. 19

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.

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. 20

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. Morrison Brothers provide music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

Balboa DJ Dance. 8:30-11:30 p.m. in the Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd. Lessons from 8:30-9 p.m., dancing starts at 9 p.m. \$10. Visit www.glenechopark.org for more.

SATURDAY/DEC. 21

Medieval Music. 5 p.m. at The Episcopal Church of the Redeemer,

of certain kinds of fish, making for a better pairing.

"Think about the food's source," she said. "If you're having seafood or shellfish, there's a lot of seafood served in countries like Spain or New Zealand. What kinds of grapes are grown there? That's a good first thought" when selecting a wine.

6201 Dunrobbin Dr., Bethesda. Women's vocal ensemble Eya: Ensemble for Medieval Music presents holiday concert "Natus est Rex" by candlelight \$20 general admission and \$10 students/seniors, at www.eyaensemble.com or the door.

Swing Dance. 8 p.m.-midnight in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Live music by the Craig Gildner Big Band. Enjoy the "Red and White Ball," by wearing fancy clothes, red and white recommended. Lessons from 8-9 p.m., included in admission. \$20. Visit www.glenechopark.org for more.

SUNDAY/DEC. 22

Sugar Plum Party. 11 a.m.-2 p.m. at Maryland Youth Ballet Studios, 926 Ellsworth Drive Silver Spring. This Nutcracker celebration will include dancing, games, crafts, snacks, and a visit from a few Nutcracker characters. For boys and girls, ages 5-8 years, no dance experience required. Parents do not need to stay. \$25/guest; sibling discount of \$20/child. Register by Dec. 11, 301-608-2232.

Holiday Open House. 1-4 p.m. at Glenview Mansion, 603 Edmonston Drive, Rockville. Enjoy free entertainment and activities at the mansion. Visit www.rockvillemd.gov/glenview or 240-314-8660.

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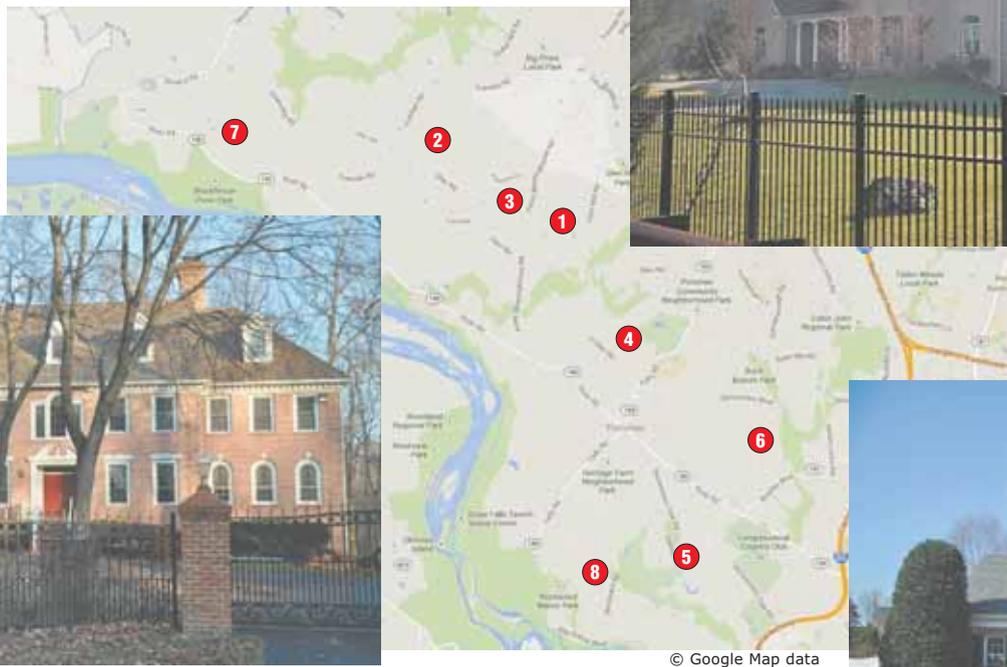
2 11824 Centurion Way — \$2,750,000



1 10700 Red Barn Lane — \$2,800,000



3 11330 Albermyrtle Road — \$2,500,000



7 9 Pettit Court — \$1,360,000



6 9812 Kendale Road — \$1,457,500



8 8205 Hackamore Drive — \$1,306,000

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2 11824 CENTURION WAY	9	8	2	POTOMAC	POTOMAC	\$2,750,000	Detached	2.00	20854	PALATINE	10/30/13
3 11330 ALBERMYRTLE RD	8	6	2	POTOMAC	POTOMAC	\$2,500,000	Detached	2.08	20854	POTOMAC	10/04/13
4 10824 LOCKLAND RD	7	9	2	POTOMAC	POTOMAC	\$2,495,000	Detached	2.00	20854	POTOMAC OUTSIDE	10/01/13
5 8407 RAPLEY RIDGE LN	6	5	1	POTOMAC	POTOMAC	\$1,980,000	Detached	0.43	20854	AVENEL	10/08/13
6 9812 KENDALE RD	5	4	1	POTOMAC	POTOMAC	\$1,457,500	Detached	0.56	20854	MCAULEY PARK	10/18/13
7 9 PETTIT CT	6	6	2	POTOMAC	POTOMAC	\$1,360,000	Detached	2.81	20854	DARNESTOWN OUTSIDE	10/16/13
8 8205 HACKAMORE DR	5	4	1	POTOMAC	POTOMAC	\$1,306,000	Detached	0.35	20854	RIVER FALLS	10/30/13

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Holiday Décor: Make it Sparkle

Local designers offer suggestions for home decorating.

BY MARILYN CAMPBELL
THE ALMANAC

Tis the season for decking the halls. Whether your style is traditional and colorful, muted and demure or metallic and glittery, three local designers offer distinct holiday decorating ideas to spark your creativity.

Victoria Sanchez, who opened Victoria at Home, a home furnishings boutique and interior design studio on King Street in Old Town Alexandria earlier this month, said the décor begins with an aroma.

"Holiday scented candles immediately say 'holiday,'" said Sanchez.

"Fresh greens tucked behind artwork and intertwined into tablescapes add a wonderful scent."

She recommends filling bowls with colorful holiday ornaments and displaying holiday cards to add a touch of nostalgia. "What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood," said Sanchez.

Designer Sharon Kleinman of Transitions by Sharon Kleinman in Potomac, said Christmas is no time for minimalism. "The Christmas season is the perfect time to go all out decorating the main areas of your home," she said. "I love the smell of fresh pine, so fill your home with it. Starting at the front entrance, hang a pine wreath on the door."

Kleinman recommends purchasing fresh wreaths. "Many local nurseries like American Plant and Benke's make some really beautiful ones," she said. "Local florists are also a good source."

There are a multitude of uses for fresh winter foliage. "Place pine boughs, candles of varying heights and decorative accessories such as painted wooden toys [like] trains, toy soldiers, blocks or colored balls among the pine branches," added Kleinman.

Another idea, says Kleinman, is to wrap small boxes in colorful paper, top them with brightly colored bows and place them on the mantel. "Decorative stockings hung on the mantel are traditional and a must in my book," she said. "Stair rails can be wrapped in pine

boughs, ribbon and/or tinsel."

To add splashes of festive Christmas red to a home, Kleinman recommends "Placing pots of poinsettias throughout the house. Personalize your Christmas tree with homemade ornaments, sentimental items, colored bows and lots of tinsel."

When it comes to holiday

green," said Wallace. "Try popular metallic finishes that could be used in fabric for pillows, gold accessories for the table [like] tiny vases [or] salt and pepper shakers and napkin rings with 'bling' metallic finishes."

Mix decorative objects with foliage to create a warm and inviting table. "Incorporate 'organic' items of the season, like greens from pine trees, magnolias, pine cones, and some fruit," said Proxmire.

Unconventional items can be used as vessels for a wintery, holiday centerpiece. Wallace and Proxmire found a "tortoise shell-like urn ... for next to nothing at a consignment store" and used it to hold a centerpiece. "You could buy a new vase or container, but it certainly could also be a vintage find and not necessarily brand new," said Proxmire.

"What I love most about the holidays is [that] each ornament and every tradition evokes memories of family, friends and childhood".

— Victoria Sanchez, Victoria at Home

tablescapes, Kelley Proxmire and Emily Wallace of Kelley Interior Design suggest adding a touch of shimmer. "Try breaking out of a set color scheme of red, white and



PHOTO BY GEOFFREY HODGDON

This holiday sideboard, designed by Emily Wallace of Kelley Interior Design, breaks from traditional red and green décor by making use of a metallic color palette.



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Come Home to a Luxury Bedroom

BY MARILYN CAMPBELL
THE ALMANAC

Bedrooms are no longer just for sleeping, at least according to some local designers. They're for relaxing and watching television, but they're also for reading and for eating a lazy weekend breakfast. In fact, some modern bedrooms are probably larger than their owners' first apartments. Three local tastemakers unveil master bedrooms that are so opulent and amenity-filled that it's surprising their owners ever want to leave.

Lavish textiles and luxury characterize a bedroom in Old Town Alexandria that was designed by Sydnye Pettengill of Sydnye Pettengill ASID Interior Design, Inc. in Alexandria. "The owner enjoys luxury and finer things," said Pettengill. "She wants to surround herself with that luxury in her home and private spaces. When I think of this bedroom, I think of Marie Antoinette and traditional French style."

Pettengill created an opulent but cozy bedroom with a custom-made headboard featuring an iron panel, custom-painted to coordinate with the pale green and rich gold hues in the bedroom.

"There is an abundance of custom-designed pillows and a cozy reading space," said Pettengill. "We did a custom shelf in the alcove behind the headboard that provides additional storage for books and tea. A chair is on the other side of the room and a beautiful piece of art."

The room is decorated with luxurious fabrics and trims. "The pillows are silks," said Pettengill. "We have sheer drapery that fil-



The bedroom in this Potomac master suite is furnished with a Louis VX-style fireplace, two Bergere chairs with matching ottomans and French-inspired drum tables.

ters soft light, creating a romantic hide-away." Visitors to one Potomac home take an elevator to the bedroom suite and emerge in its foyer. "You then walk into a set of double doors that is the beginning of their master suite," said Carole Lindenberg of Potomac Designs. "This bedroom was my inspiration and I called in Natelli Homes to build it." The suite comes complete with a kitchen that holds a sitting area and breakfast table that allows for a leisurely morning of newspapers and brunch. "The suite also includes a library with a replica of President Lincoln's desk," said Lindenberg.

The library leads to the bedroom, which has a Louis VX-style fireplace and a sitting area with two Bergere chairs with match-

ing ottomans, which are accented with French-inspired drum tables. Over the fireplace sits a flat screen television. "Years ago we used to put a mirror above them. Now we put TVs above them," said Lindenberg.

"There is a window wall with three dormer windows," she continued. "And there is an entrance on either side of the fireplace." The expansive bathroom has two showers and a freestanding tub. "There is marble on the floor of the bathroom and matching marble on the walls," said Lindenberg. "The bedrooms are carpeted, the library has hardwood flooring with rugs, as does the foyer."

A master suite in a Great Falls home was reconfigured recently to include a bathroom

Designers unveil inviting spaces that are perfect for dreaming of sugarplums.



The library in the master suite of this Potomac home is furnished with a replica of one of President Abraham Lincoln's desks.

with his and her vanities, a large walk-in shower and an enlarged walk-in closet.

"People want more space for their clothing, shoes [and] jewelry, where their beds are typically only display pieces during the day and then used for sleeping at night," said Beth Walters, the director of communications at Sun Design, Inc., which has offices in McLean and Burke.

Walters says the bathroom cabinetry is made from alder wood in a Blackstone finish, the counter tops are Caesarstone in a Yukon Blanco finish and the floor is Timber Glen Contemporary tiling in a Thatch finish, while the walls are Time Levigato Rettificato porcelain tiling in white with river glass and stone mosaic tile accents.

A New Luxury Kitchen for the Holidays

Designers describe the perfect spaces for baking, cooking and entertaining.

BY MARILYN CAMPBELL
THE ALMANAC

With the holiday season in full swing, many people are finding themselves spending more time in the kitchen. Whether you hate to cook or love it, it can be more enjoyable when done in the kitchen of your dreams, complete with state-of-the-art appliances and custom-made marble topped islands.

Some homeowners really are that lucky, and local designers offer a glimpse into a few homes where the owners will be celebrating the season with newly remodeled kitchens.

In Fairfax Station, an active family who enjoys entertaining will have an elegant space which includes state-of-the-art appliances that can stand up to their heavy-duty

holiday cooking needs.

Designer Jacquelin Lluy of Nicely Done Kitchens and Baths in Springfield, created the chic, but family-friendly space that includes a large porcelain farm sink and a white marble-topped island in the center of the kitchen. She accented the stark white marble with deep gray cabinetry to warm the room. The family's cooking needs will be met with a Wolf 36-inch range, a microwave and convection oven, and a Sub Zero refrigerator.

At the heart of this kitchen is a mantle hood with concealed spice cabinets and drawers below to house pots and pans. Then, to give the kitchen a polished look, Lluy added details like large chrome cabinetry pulls, detailed crown molding and delicate tile work.

"This is an amazing luxury kitchen," Lluy. "We achieved the elegant yet family-oriented kitchen they were looking for."

Lluy also integrated custom doors, which conceal an opening for an expansive pantry. Adjacent to the pantry is a beverage center with a wine refrigerator and coffee bar for entertaining.

In Potomac, designer Carole Lindenberg of Potomac Designs turned a photograph

into reality for one family. "The client showed me picture of a kitchen she liked, but when I looked at it, I knew we would have to do an addition to accomplish it, so we added a six-foot addition," said Lindenberg. "I designed the space and we called in an engineer to put in the details."

The kitchen and butler's pantry feature white custom cabinets by Prevo Custom Cabinetry. "The color of the cabinets is called snow and the counter tops are Brown Lapiz Granite," said Lindenberg. "The island, bar and the banquette are espresso stain with an Alaska white granite top. The table was also made at Prevo according to my specifications."

"The kitchen's backsplash is white, beveled porcelain installed in a subway pattern," said Lindenberg,

A Bethesda kitchen was transformed from a tiny, dimly-lit space into a larger, light-filled expanse that includes custom designed and built cabinetry, quartz countertops and glass backsplash.

"This kitchen was designed for a couple that wanted a clean and modern gathering space for their young family," said Richard Rossi, an architect at Rill Architects in Potomac. "The existing kitchen and dining



The island, bar and banquette of this Potomac home are finished with an espresso stain and topped with an Alaska white granite top.

room, both small and dark, were combined to create the main workspace of the new kitchen. We increased the footprint of the existing house by adding a new glass-walled dining area."

To create additional storage space, Rossi and his team added toe kick drawers in the cabinetry, while a fully integrated refrigerator with flanking pull out pantries creates a divider between the kitchen, dining and living rooms.

SPORTS

Rival Basketball Teams Churchill, Wootton To Play Friday

The Churchill and Wootton boys' basketball teams will face one another at 7 p.m. on Friday, Dec. 13.

Churchill won its season opener against Paint Branch on Dec. 6, 67-62. The Bulldogs were scheduled to face Bullis on Tuesday, after The Almanac's deadline.

Wootton's season opener against Walter Johnson was scheduled for Tuesday.

SPORTS BRIEFS

The Wootton and Churchill girls' teams will play at 7 p.m. on Friday at Wootton.

Churchill lost its season opener to Paint Branch on Dec. 6, 69-48. The Bulldogs were scheduled to face St. Andrew's on Tuesday.

Wootton's season opener against Walter Johnson was scheduled for Tuesday.

Whitman Girls' Basketball Falls to Good Counsel

The Whitman girls' basketball team, which reached the 4A state semifinals last season, opened the 2013-14 campaign with a 54-41 loss to WCAC opponent Good Counsel on Dec. 6.

The Vikings were scheduled to face Rockville on Tuesday, after The Almanac's deadline. Whitman will take part in the Tina Thompson Classic on Friday, Dec. 13 and will host Whitman on Monday, Dec. 16.

Whitman Boys' Basketball Loses to Georgetown Prep

The Whitman boys' basketball team fell to Georgetown Prep 62-42 on Dec. 6, dropping its record to 0-1.

The Vikings were scheduled to face Rockville on Tuesday, after The Almanac's deadline. Whitman will host Landon at 7 p.m. on Friday, Dec. 13.

Bullis Boys' Basketball Starts 3-0

The Bullis boys' basketball team won its first three games of the season, beating St. Paul's, 67-45, and St. Maria Goretti, 66-38 during the St. Maria Goretti Tipoff Nov. 29-30. The Bulldogs also beat St. John's Catholic Prep 66-45 on Dec. 4.

Bullis was scheduled to face Churchill on Tuesday, after The Almanac's deadline. Bullis will host its holiday tournament Dec. 13-15.

Bulls Girls' Basketball Loses Two

The Bullis girls' basketball team started its season with a pair of losses, falling to Good Counsel, 61-28, on Dec. 3 and Archbishop Carroll, 59-42, on Dec. 6.

Bullis will host Stone Ridge at 6 p.m. on Wednesday, Dec. 11.

PETS FOR ADOPTION



CECE (Dog) - Female, 9 months, 38 lbs., spayed, Hound mix. Cece is one of those dogs that has a "smile" on her happy face all the time. A rescued stray, she likes walks, play and especially people who give this sweet girl attention. Young Cece is still a pup and will be some lucky adopter's pet for years to come as she brightens her owner's days with her happy antics.



RUFUS (Dog) - Male, 6 months, 38 lbs., neutered, Boxer mix. Handsome boy Rufus is all puppy and ready to romp with any dog (or maybe cat) for hours. While the name of his game is play, he is already housebroken and has learned to wait his turn at mealtime. Rufus would do best in a home with another young, playful dog or children who would keep this sweet boy busy and tired out at sleep time.



STAR (Dog) - Female, 2 years, 62 lbs., spayed, Rottie/Airdale mix. Star is a very nice dog now with PAW that was turned in as a stray. She is a little reserved but seems to get along with other dogs and loves to be with people. Star can't help but be a hit with some kind adopting family with her lovely ways.



EDWARD (Dog) - Male, 2 years, 60 lbs., neutered, Rottie mix. Edward looks like he has serious things on his mind but this nice boy is actually an easy-going, good companion. He walks well, likes play with other dogs and is a good citizen. Edward isn't at his best at adoption shows but a call to PAW to arrange a private meeting would show any adopter he's a real gem.

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

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A "Scancer" Update



By KENNETH B. LOURIE

Since you asked, or rather indulged me the past few weeks by wading through my two "Scanticipation" columns anticipating a result, I am happy to finally share that result with you: "Stable and better." These are the exact words e-mailed to me by my oncologist in response to my post-Thanksgiving inquiry about my CT Scan completed on the 27th. Then, as you most recent Kenny-column readers may recall, I had my regularly scheduled post-scan appointment this past Friday, December 6th to discuss those results, and of course have my oncologist examine and question me about any facts, feelings or failings, concerning the previous three months since my last appointment (and four months since my last scan) as a terminal cancer patient. He's not exactly Hubert H. Humphrey, but nevertheless, he was "pleased as punch." And if there's one dominant recollection I'll take home with me from my appointment, it was my oncologist's ear-to-ear smile when sharing his assessment of all things concerning Kenny-with-cancer.

In fact, and in reality-check truth, if you've been characterized as "terminal" by your doctor, whether "diseased" by cancer or some other deadly condition, and you're still undergoing treatment, there's no better feeling - or hope, quite frankly, than seeing your doctor happy and encouraging when sharing/discussing your most recent diagnostic scan/lab work, urine specimen, etc. And considering that Team Lourie has seen my oncologist with less than positive news on previous occasions, hardly do I ever take it for granted when he's as upbeat and enthusiastic as he was during Friday's appointment.

Unfortunately, the process is ongoing and subject to change; after all, stage IV, non-small cell lung cancer is incurable/inoperable. But I am finding out that at least for me/for awhile, it is/can be treatable, albeit non-surgically. Moreover, as long as my body continues to tolerate the every-three-week chemotherapy infusions, I am good to go, or as described by my oncologist: on maintenance. Meaning, we can continue to do this for awhile. And though "awhile" is never defined or discussed, really, given the predictable/unpredictable nature of cancer - and its interactions with the diagnosee, I can live with the indeterminate sentence that I've been fortunate to receive. It certainly beats the alternative.

Originally, I was "prognosed" to live "13 months to two years" by my oncologist. As of November 27th, I have lived four years and 9 months, so I am accustomed to being life-expectancy challenged. And since I've surpassed my oncologist's initial prognosis by years, I don't see any reason to stop now, especially considering the results from my most recent scan and associated lab work. As my brother Richard has said: "If the oncologist is happy then I'm happy." Well, as of Friday, December 6th, I am very happy.

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

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OPINION

Happy Holidays, Safely

SoberRide safety net, 1-800-200-TAXI.

Holiday party season is well under way, along with winter weather advisories. It's up to individuals to make good decisions about celebrations that involve alcohol and how to handle transportation.

Plan to abstain. Plan to celebrate at home or someplace where you will be comfortable for some period of time. Plan to bring a designated driver. Plan to take public transportation. And if all of that fails, the Washington Regional Alcohol Project has a safety net for you.

WRAP, a local nonprofit organization, will offer free cab rides to would-be drunk drivers throughout Northern Virginia during the winter holidays.

More than 10,000 died in drunk driving related accidents in 2010. Tens of thousands

more were injured. Holidays lead to an increase in impaired driving, the Christmas and New Year season in particular.

The annual Holiday SoberRide program will operate nightly from 10 p.m. to 6 a.m. starting Friday, Dec. 13, 2013, and continuing until Wednesday, Jan. 1, 2014 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During these times, area residents celebrating with alcohol can call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare), safe way home. Callers will be responsible for fare amounts over \$30. Last December 1,927 people took advantage of this program. On New Year's Eve alone, 387 people call on SoberRide for a safe trip home.

SoberRide is offered in throughout the Northern Virginia and Maryland suburbs. In these areas, local taxicab companies will be providing this no-cost service to local residents

age 21 and older who might otherwise have attempted to drive home after drinking.

Since 1993, WRAP's SoberRide program has provided 58,576 free cab rides home to would-be drunk drivers in the Greater Washington area.

We know that many young people over 21 are living at home with parents, or will be visiting for the holidays. Parents, be brave. Have a conversation with your children whether they are under or over 21. Be sure those over 21 have a plan, and are equipped with the SoberRide number.

SoberRide is not available for underage drinkers, but parents still should talk to their children about their plans, and tell them out loud that you expect them not to drive impaired and not to get into a car with an impaired driver. Tell them to call, and you'll come get them if necessary.

It's a good time for a conversation about the risks of drinking to excess beyond drinking and driving as well.

EDITORIAL

BULLETIN BOARD

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

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.

Potomac Community Village, a nonprofit organization dedicated to helping Potomac Seniors age in place, is hosting a Potluck Dinner and Program at Potomac Community Center, 11315 Falls Road. Patricia Collins will present "Helping Hands for the Holidays: Useful Tips on Diet, Nutrition and Well-being. Register at www.potomaccommunityvillage.org or 240-22-1370. Guests are asked to bring 8-10 servings of an item according to the first letter of their last name. A-E: appetizers; F-K: salads/side dishes; L-R: main dishes; S-Z: desserts.

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.

Separation/Divorce Seminar. 7-9 p.m. at the Rockville Memorial Library, 21 Maryland Ave., Suite 330, Rockville. A family law attorney and member of the Montgomery Bar will discuss the financial, property and practical issues both parties should consider as they prepare to separate and divorce. Register at <http://bit.ly/1didFaB>. Online registration is \$10; credit cards accepted. At-the-door registration is \$15, cash or check only.

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 about the registration process.

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.

WEDNESDAY/DEC. 18

Documentary Screening. 7 p.m. in the Fenton Room of the Silver Spring Civic Center, 1 Veterans Plaza, Silver Spring. Free screening of "Driven to Defraud," a new documentary by the Montgomery County Office of Consumer Protection on auto sales fraud in the county.

THURSDAY/DEC. 19

Potluck Dinner. 6:30-8:45 p.m.



Snapshot

PHOTO BY MARY KIMM/THE ALMANAC

A Pileated Woodpecker waits his turn to eat at a large Potomac suet feeder during Sunday's snow and ice.

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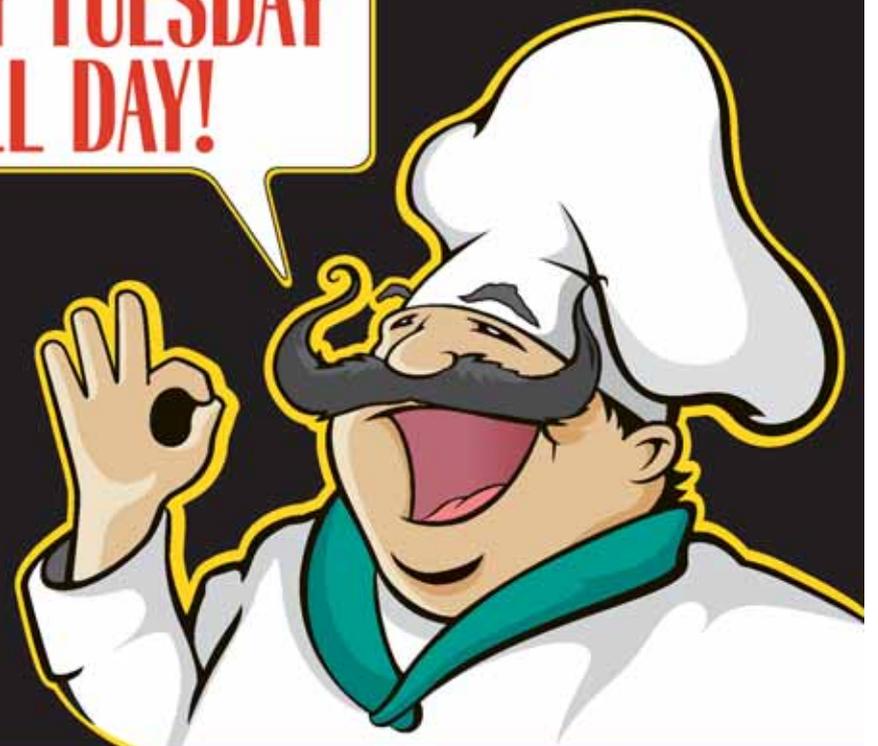
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