

Potomac ALMANAC

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From left: Ryan Caudron, Fletcher Brown, Jackson Megary and Sean Higgin play in the snow in River Falls on Friday, Jan. 3. The boys were playing football on their day off from school.

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NEWS

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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2014: Election Year

Candidate filing deadline in February.

With almost all state and local offices on the ballot in 2014, intense jockeying is underway between potential candidates for many offices.

Because Montgomery County currently has no elected Republicans in office, the primary election, less than six months away on Tuesday, June 24, is of intense importance. The candidate filing deadline for those running by party is Feb. 25, less than two months from now. General Election Day is Nov. 4.

For candidates who have filed to run, visit www.elections.maryland.gov/elections/2014/primary_candidates/index.html

GENERAL ASSEMBLY, DISTRICT 15

There are three state delegates and one state senator from each General Assembly district in Maryland. Potomac is split between District 15 and District 16, and both districts will have significant changes this year.

Del. Brian Feldman (D-15) was appointed in September to serve out the remainder of the term of state Sen. Rob Garagiola (D-15). Garagiola, who represented much of Potomac since 2002, resigned in September, after failed bid for U.S. Congress two years ago when he was defeated in the primary by now U.S. Rep. John Delaney.

Gov. Martin O'Malley appointed David Fraser-Hidalgo to fill Feldman's seat in the House of Delegates. Fraser-Hidalgo, along with the two remaining incumbent del-

egates in district 15, Kathleen Dumais and Aruna Miller, has filed for reelection. Other Democratic candidates are expected to join the race for delegate between now and the February filing deadline. In the June primary, voters in the Democratic primary will vote for up to three delegates, with the top three moving on to the General Election in November.

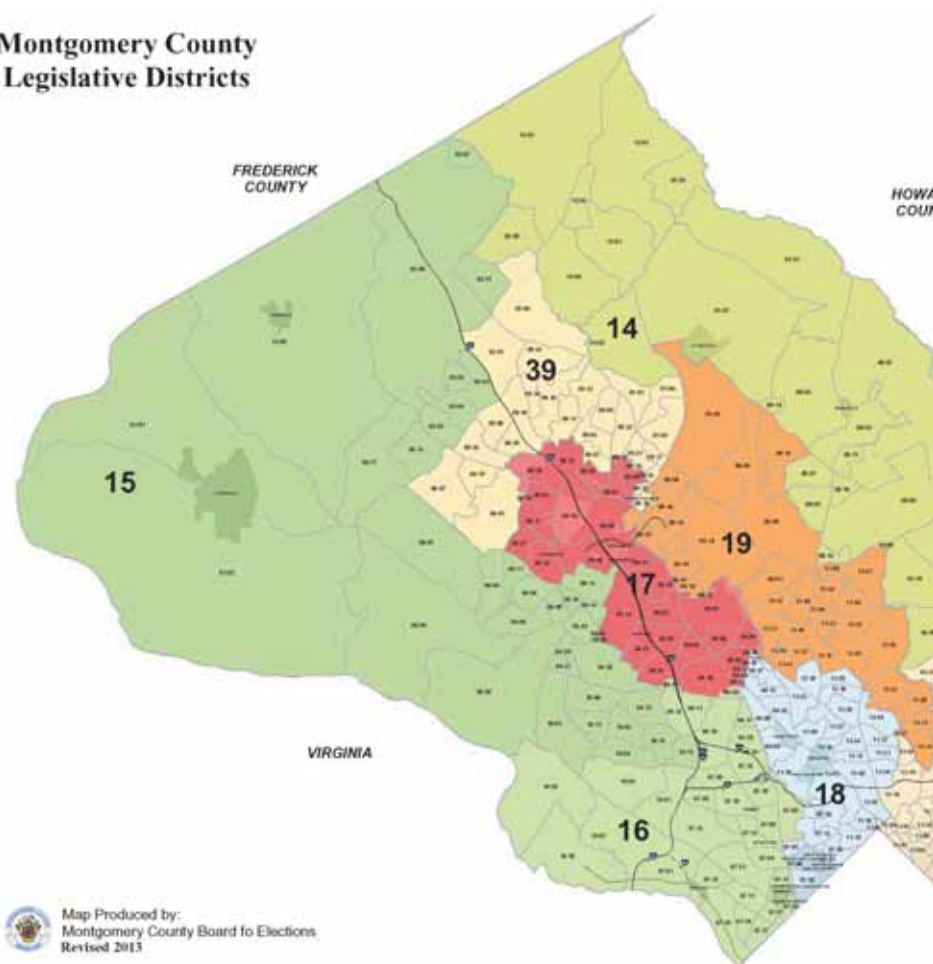
Frequent candidate, infamous sports heckler and sponsor of many anti-tax referenda, Robin Ficker canvassed Potomac on Potomac Day with his son Flynn Ficker. The two Republicans are campaigning for District 15, the elder Ficker seeking the Senate seat and the younger Ficker seeking one of the delegate seats.

GENERAL ASSEMBLY, DISTRICT 16

If the District 15 scenario seems complicated, District 16 is its own drama. State Sen. Brian Frosh (D-16), who has represented parts of Potomac and Bethesda since the early 1990s, is running for Maryland Attorney General, and Del. Susan Lee (D-16) has filed to run for his State Senate seat.

Another of District 16's delegates, Bill Frick (D-16) has also filed to run for Attorney General, leaving two open delegate seats and a lot of opportunity. Del. Ariana Kelly (D-16) has filed to run again, plus four other Democratic candidates have filed to compete for the three seats. They are Jordan Cooper, Marc Korman, Hrant Jamgochian and Gareth Murray. So far no Republicans have filed to run in District 16,

Montgomery County
Legislative Districts



Map of the General Assembly districts: Potomac is divided between District 15 and 16. One state senator and three delegates per district.

again emphasizing the importance of the Democratic primary in June.

COUNTY EXECUTIVE

There are three Democratic candidates vying for County Executive, incumbent Ike Leggett, Councilmember Phil Andrews and

former County Executive Doug Duncan, who served as county executive from 1994-2006, also running for his old job.

For candidates who have filed to run, see www.elections.state.md.us/elections/2014/primary_candidates/gen_listings_2014_1_ALL.html

Local Ping-Pong Club Brings New Look to the Table

On the Job with Potomac Country Table Tennis Club President Herman Yeh.

BY CAROLE FUNGER
THE ALMANAC

The idea had been bouncing around in his head for some time. With the growing popularity of the Potomac Country Table Tennis Club and ping-pong in general, Club founder Herman Yeh knew it was time for a new look. Accordingly, during his club's 2013 Fall Open at the Potomac Community Center, Yeh snapped a picture of more than 100 ping-pong competitors and fans in attendance. Then, using the image as masthead, Yeh set about creating a new website to encourage more people to join in the sport.

A retired scientist from NIH and life-long table tennis enthusiast, Yeh started the club more than 25 years ago, following table tennis' establishment in 1988 as an internationally recognized Olympic sport. He set up base with just two tables in rented space

at the Tilden Middle School after 12 parents offered to chip in and purchase the equipment. Then, in the early '90s, when many of the original participants had moved on, Yeh moved the club over to the Potomac Community Center on Falls Road.

A little more than 20 years later, the club, now partners with the Center, has grown from its humble beginnings to include 100 members. In addition to the Falls Road location, Yeh has also opened a venue at the Clara Barton Community Center, which currently boasts 40 members. He fondly refers to the locations as Potomac Ping Pong Group I and II. Between the two, there are now 18 professional tables engaged in competitive play.

A quick glance at the website shows a user-friendly design that makes it easy for ping-pong enthusiasts of all levels to get involved in the club. "Club Corner" presents scrolling photos of members and visitors



PHOTO BY ROGER XU

Potomac Country Table Tennis Club founder Herman Yeh in competition.

engaged in active competition, while scroll down menus show highlights from the recent 2013 Potomac Fall Open, schedules for the Potomac I and II facilities and how to sign up to play, as well as information on upcoming special events in international table tennis and video results from competitions.

Yeh takes pride in noting that current

Potomac Country Table Tennis Club members, many of whom are featured on the website, range in age from 8 to 80 years. Beginners, intermediates, junior champions and seniors meet to play twice weekly, on Wednesdays and Saturdays, in the Potomac Community Center gym. On a typical night,

SEE CLUB BRINGS, PAGE 5

POTOMAC ALMANAC ♦ JANUARY 8-14, 2014 ♦ 3

LET'S TALK Real Estate



by Michael Matese

Reach For The Sky(light)

A properly designed skylight in either a commercial or a residential construction can add aesthetic value to living space and contribute significantly to energy savings. The United States Department of Energy's Federal Energy Management Program has estimated that incorporation of day lighting options (skylights, tubular day lighting devices, hybrid solar lighting, etc.)—especially in commercial or industrial constructions—can reduce lighting energy usage by as much as 80%; in terms of cost, by optimal utilization of day lighting, total energy costs can be reduced by up to one-third over time. There are three main design types to consider when installing a skylight: the traditional skylight, the roof lantern, and the oculus. The traditional skylight is a conventional horizontal window, which may be either fixed or operable, that is tilted and placed on the angle of a roof or directly into the roof so that the window allows light to pass straight down into the living area. Fixed skylights do not open, while operable ones, which can be powered either by use of electricity, solar power or manual power, offer the additional attraction of energy efficiency through seasonally appropriate home ventilation and cooling. The roof lantern is much like a cupola; it is multi-paned glass (or other opaque material) structure that sits on top of a typically flat roof, providing natural day lighting to the room beneath. This architectural style may also be referred to as an orangery; in effect, a roof lantern is a type of skylight, though it bears structural similarity to both greenhouses and conservatories. The oculus is a circular or oval window that can be installed above, as a skylight, or on a building's façade to express the presence of a mezzanine. Light tubes, tubular skylights and tubular day lighting devices (TDDs) are also day lighting options available when choosing to install a skylight into a structure. Light tubes, or solar tubes, are placed into the roof of a structure and focus the admission of light to the interior area, often resembling recessed ceiling light fixtures. As light tubes have less surface area than traditional skylights, they do not allow as much heat transfer. Tubular skylights work on the same premise as a light tube, allowing natural sunlight to be directed from the rooftop by means of a tube, but in this case, the tube itself is made of a highly reflective material, diffusing the light at ceiling level. The main attraction of tubular skylights versus a light tube is that tubular skylights capture both direct and ambient light, meaning that even during low-light situations such as overcast days or times at which the sun is low in the sky they provide maximum illumination. Tubular day lighting devices (TDDs) incorporate modern technology into their design, transmitting visible light through opaque walls and roofs of the construction. In a tubular day lighting device, the tube is made up of either a simple reflective interior coating or a light conducting fiber optic bundle, frequently capped with a transparent, roof-mounted dome 'light collector'. A diffuser assembly at the end of the tube then distributes daylight evenly and efficiently to interior spaces. When you've decided to add a skylight into your home, consider these options and designs, engage the services of a licensed contractor to help choose the most optimal style for your home's purposes, and reach for the sky(light)!

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OPINION

New Year's Resolutions To Live By

COMMENTARY

1. Accept that everything is exactly the way it's supposed to be. This isn't the same thing as fate, which predetermines the course of events in your life. It is simply the acknowledgement of what exists, right here, right now. Expending all your energy fighting against reality is never a recipe for happiness. Try taking a realistic view of what is happening in your life then decide what you want to do about it.

2. Realize that problems do not exist as separate entities from the self. Only you can decide to make an event a problem by allowing it to enter your mind and cause you distress. Remember, what seems particularly upsetting to you may have no effect on others. Try looking at events in your life with more objectivity and realize that you alone create the effect they will have on you.

3. Treat yourself with the same kindness you treat your family, friends and pets. This seems like a given, but many of us place our own emotional and physical wellbeing far behind all the oth-

ers we love in our lives. Caring for your own self is as important as caring for others, plus it has the added advantage of giving those you love more of you to care about.

4. Take a walk outside, at least once this year, in every type of weather. Winter offers us abundant opportunities for engaging in this experience. Why do we label certain types of weather "bad?" Challenge your conditioning and personal likes/dislikes, throw on the appropriate clothing, and venture outside your comfort zone. Discover the essential beauty of all kinds of weather.

5. Read a book on a subject you have no interest in. Our reading preferences invariably block us from expanding our horizons. How can we possibly know our thoughts on every subject matter? Choose a new reading category, open your mind and discover something new.

6. Accept others as they are. Decide not to internalize other peoples' negative behaviors and make them your own. Instead, watch the action like you would a

movie, choose to like or dislike what you see, nothing more. A sense of humor helps a lot with this resolution.

7. Look deeply into the eyes of someone you don't know. Ever notice how catching a stranger's eyes instantly establishes a line of communication? It feels good to be actively seen. It means that person matters. Give someone the gift of your attention. It will change your day.

8. Listen with kindness. Instead of jumping to respond, pause a moment and truly listen to what is being said. Wait for the other side of the conversation to end, then take a breath. You'll be amazed to discover what you might otherwise not have heard.

9. Chop something slowly. Next time you make a meal, slow down the preparation. Choose one food to chop slowly, appreciating the feel of it in your hand and the flavors that are released as you slice. This simple act will give you a whole new appreciation for the foods we eat and the important gifts they bring us.

10. Decide to be happy. Happiness is a decision. Vow not to have any more "good" or "bad" days. Realize that all days are made up of both. Greet each morning with a positive attitude. The New Year is waiting.

— CAROLE FUNGER

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.

Cicily Daniels, a graduate of Wootton High School performed in the National Theater's production of "The Gershwins' Porgy and Bess."

James Bell of Potomac recently performed in the annual St. Olaf College Christmas Festival in Northfield, Minnesota. Bell is a member of the St. Olaf Orchestra. He is a music and Russian major. Bell is the son of Ford and Amy Bell and a graduate of Walt Whitman High School.

Alexander Ndongo-Seh, the son of Edna Kweti-Fonderson of Potomac, received the Most Improved Freshman Award in junior varsity football for the 2013 fall sports season at Randolph-Macon Academy, where he is a freshman.

Kath Ling, daughter of Dr. Alexander and Mary Ling of Potomac, is

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Club Brings New Look to the Table

FROM PAGE 3

60-80 spectators watch the competition on Potomac I's 14 professional tables. Yeh described the atmosphere as "quite noisy," adding, "When the crowd sees a dramatic shot, they erupt."

While the club's competitors are mostly experienced players, including several Olympians who got their start at the facility, the club offers a venue for players of all levels to challenge each other and to compete.

Said Yeh, "We take the play very seriously. It is highly competitive." However, while competitive, club activities are equally focused on participation and enjoyment of the sport, as well as opportunities for meeting other enthusiasts and gaining insights on new styles of play. While the club itself does not offer coaching per se, beginners can receive training offsite from professional coaches at two clubs in Montgomery County, the Maryland Table Tennis Center and Club Joola of Rockville.

Yeh picked up table tennis at a young age and now continues to play to maintain his health. With his youthful muscular physique, he defies his 74 years. "If you really want to improve your fitness level, this is the way to go," said Yeh, adding, "When I play, I can play for three hours and really work up a sweat. It's truly a full-body workout for muscles, heart and brain."



PHOTO BY HERMAN YEH

More than 100 ping-pong competitors and fans in attendance at the 2013 Fall Open at the Potomac Community Center.

In addition to the health benefits, Yeh emphasized that table tennis, unlike many other sports, does not differentiate between age, gender or physical stature. "Here we see all shapes and sizes, all ethnicities and cultures, it all works, as long as you like to move around," he said. Table tennis can also improve eye-hand-brain coordination at all ages and it can be played all year round, regardless of weather: A win-win situation, in Yeh's view.

These days table tennis doesn't capture much attention and, despite its Olympic endorsement, is not very popular in the wider sports community. Still, Yeh sees things slowly picking up. "Any sport, espe-

cially in the United States without commercial value is not going to go very far," he said. "However, we've seen soccer grow in popularity over the years, so we're hopeful for our sport."

Yeh hopes that more people will start to get involved in the sport as they learn about the positive health benefits of playing table tennis. The next PCTTC tournament is scheduled for May 17 and 18 at the Potomac Community Center. Visit www.pcttc.net for details or contact Herman Yeh at nmryeh@verizon.net.

All proceeds from membership dues go towards upkeep and equipment upgrades with the remainder contributed to the

Why It's Called Ping-Pong

Table tennis originated in England in the early 1880s as an after-dinner parlor game. The very first matches involved setting up a "net" of books on a table and using books as rackets to bat a golf ball around. As the game grew more popular, manufacturers began experimenting with making rackets from parchment stretched on a wood frame. The distinctive sound generated when the ball hit the parchment is how the sport received the nickname Ping-Pong.

The name Ping-Pong was trademarked in 1901 by the British manufacturer J. Jacques & Sons. The year 1901 also saw the first introduction of the celluloid ball to the sport as well as the creation of the modern version of the racket, consisting of a stippled sheet of rubber affixed to a wooden blade.

Current table tennis regulations allow for different surfaces, made of rubber and sponges, on each side of the racket. These surfaces provide different sorts of spin and speed, in some cases, actually nullifying spin altogether. Players flip the racket during play to execute different kinds of returns. For this reason, international rules specify that one side of the paddle must be red while the other is black. This allows players to anticipate the returns of their opponents. Players have the right to inspect their opponent's rackets before each match to determine what type of rubber is being used as well as its corresponding color.

In 2000, following the Summer Olympics in Sydney, the International Table Tennis Federation instituted new rules for table tennis in order to make it more viable as a televised spectator sport. These rules increased the size of the ball, which can travel at speeds exceeding 90 mph, to 40mm to slow airspeed and make the game easier to watch. Additionally, the new rules changed the scoring system from 21-points to 11-points to make games faster and more exciting.

Potomac Community Center. Potomac Country Table Tennis Club, as a separate entity, receives no funding from Montgomery County.

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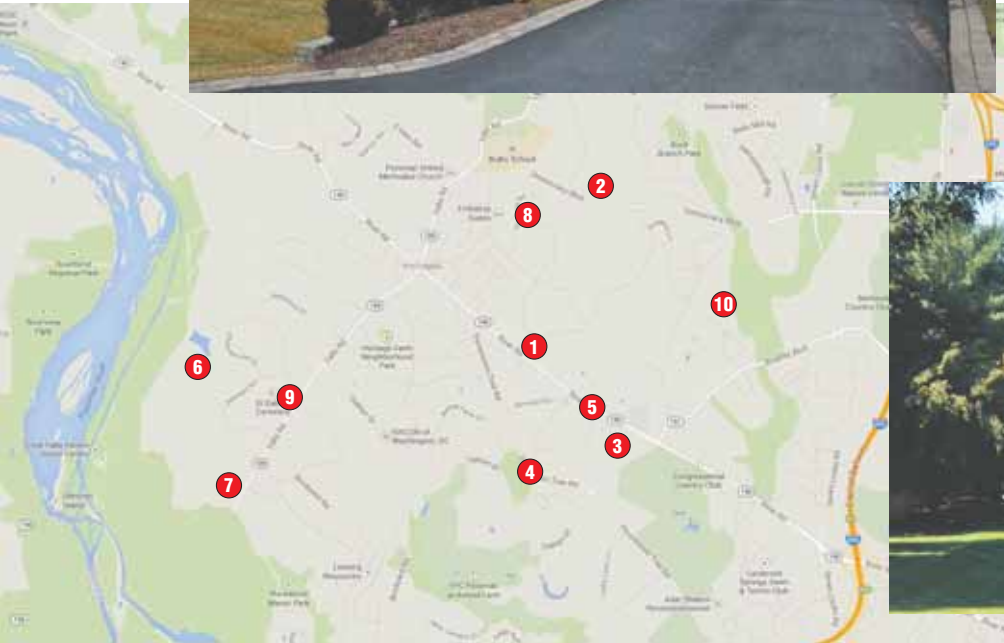
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Top Designs of 2013

Local builders look back on their most impressive spaces.

BY MARILYN CAMPBELL
THE ALMANAC

From outdoor patios with the comforts of indoor family rooms to a stark white bathroom replete with Carrara marble flooring, local designers said they've created some spectacular living spaces in 2013. Their personal favorites may be surprising, and include a lot of kitchens and bathrooms.

GUY SEMMES, of Hopkins & Porter Construction, Inc. in Potomac, named a whole house renovation that resulted in a clean, modern space as one of his company's top jobs. The remodel included a white kitchen with stainless steel appliances.

"It used to be a galley kitchen and we added an 8-by-10-foot addition to make it larger," said Semmes. "The owner wanted to make things accessible with open shelves, rather than hiding them with cabinetry."

The master bathroom, also white, has Carrara marble tile floors, his and her sinks and a renovated claw foot tub that was reglazed and painted black.

"Everything [else] about the project is white," said Semmes. "That is an influence of the owner. She picked a lot of the tiles and fixtures."

The house also has a children's bathroom that features a playful, colored tile shower stall, a floating vanity and walk-in closet. "The architect, Kai Tong, has a modern flavor, which tied in well with the homeowner's style," said Semmes.

Semmes says remodeling a 1960s Bethesda home is also among his company's top projects for 2013. "The fireplace was in the living room and the kitchen was half the size it is now," he said. "We gutted the house. We opened up the wall going into the den and added a first floor powder room."

Maple cabinetry in a light, natural finish now hangs in the new kitchen. "There are also marble countertops in grey and tan with a little bit of color like red and green for interest," he said.

JOSHUA E. BAKER, based in McLean, Va., founder and cochairman of BOWA Builders, Inc. names two condominium projects



Maple cabinetry and marble counter tops in grey and tan were part of the remodel of a 1960s Bethesda, kitchen by Hopkins & Porter Construction, Inc. in Potomac.

as his company's best.

"As some of our clients are moving in closer to the city and sizing down, they're looking to bring with them the luxury and residential feel of their single family homes," said Baker. "Projects range from pull-and-replace kitchens to remodeled master suites to whole-unit renovations."

For example, the kitchen of an Arlington, Va., condominium includes a custom-designed range hood that was built on site, and a space in Chevy Chase, features intricate woodwork. Baker says these rank among his company's chicest spaces.

"The [Chevy Chase] project really shows how a simple, boring condo hallway can be transformed into a beautiful, customized gallery," said Baker. "Custom woodwork in

the walls and built-ins ... in the hallways maximize space."

KEN NIES, owner and cofounder of Two Poor Teachers in Reston, Va., says an Arlington bathroom remodel ranks as his company's top project. His crew installed, "floor-to-ceiling glass tile that went from dark to lighter, and incorporated 'wood tile' (tile that resembles hardwood) for a rustic feel," Nies said. "[The space] was modernized with LED lights. The shower is a steam unit that was enclosed with a frameless glass pivot door. A Jacuzzi tub and pendant lighting spruced it up even further."

BILL MILLHOLLAND, executive vice president of Case Design/Remodeling, with offices in Bethesda and Falls Church, said there are three projects that that he considers among his company's best work of 2013.

He gives a nod to a McLean, Va., renovation by Allie Mann and Steve Scholl: "This project involved the total renovation of a kitchen, including opening it to the family room and breakfast room, as well as creating a mudroom," he said. "The scale of the kitchen as well as its crisp, all-white, transitional look and high-end finishes make it a standout project."

Also noteworthy, said Millholland, is a Falls Church project by Jim Wrenn. The owners wanted to improve their home's layout and add amenities such as a wine cel-

lar. "This project involved several additions, including digging out a basement to add a wine room [with] a staircase up to a new exercise area, screened porch and patio," said Millholland. "The renovations also include a reoriented staircase leading from the family room to the upper level bedrooms, including a new master suite."

A condominium renovation by Valery Tessier that included both a kitchen remodel and a new master bathroom is also among the most impressive spaces completed by Case in 2013 says Millholland. "The contrast of the rich espresso cabinet stain with the cool palette of the countertop, backsplash and walls is very soothing, but gives an edge to this kitchen," said Tessier. "The galley layout with the peninsula offers multiple work areas and the open shelves lighten up the corner."

BETH WALTERS, spokeswoman for Sun Design, Inc., which has offices in Fairfax County, Va., listed projects in Vienna, Great Falls and Oak Hill as the company's best for 2013. In Vienna, a construction project tied a home's indoor entertainment space with the outdoors. In Oak Hill, a kitchen renovation created an open floor plan that allows the cook to move freely while guests relax at an expansive, triangular center island. A Great Falls master bathroom is another project of which Sun Design is proud, said Walters.



This master bathroom, by Hopkins & Porter Construction, Inc. in Potomac, has Carrara marble tile floors, his and her sinks and a renovated claw foot tub that was reglazed and painted black.

ENTERTAINMENT

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

ONGOING

Art Exhibition. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit www.artglasscenteratglenecho.org.

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. 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 www.imaginationstage.org, at the box office or 301-280-1660.

Art Exhibit. See “Rabid Habits” by Lauren Boilini in the Gibbs Street Gallery at VisArts, 155 Gibbs St., through Jan. 12. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. See “Paintings, Drawings, Prints, That Mostly Go Together” by Michael Sellmeyer in the Common Ground Gallery at VisArts, 155 Gibbs St., through Jan. 12. View work that has evolved into forms including non-objective paintings and more. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. See “With These Hands” in the Kaplan Gallery at VisArts, 155 Gibbs St., through Jan. 18. The exhibit features pieces from the Robert and Sharon Buchanan art collection and includes ceramics, prints, paintings and more by local and international artists. Free. Visit www.visartscenter.org or call 301-315-8200.

Art Exhibit. See “so much depends” Jan. 10-Feb. 18 in Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurjeet Khalsa explores locations ranging from Belize to the Pacific Northwest. Hours are 1-4 p.m. on Saturdays and 1-8 p.m. on Sundays. Free. Visit www.glenechophotoworks.org or 301-634-2274.

Art Exhibit. See “Evidence of Civilization” Jan. 5 through Feb. 24 at Har Shalom, 11510 Falls Road. See photographs, paintings, ceramics and more. Free. 301-299-7087.

Theater Performance. See “Miss Nelson is Missing” at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Based on the children’s book “Miss Nelson is Missing” by Harry G. Allard, Jr. The performance runs Jan. 17-March 9. Tickets can be purchased at www.adventuretheatr-mtc.org or 301-634-2270.

Theater Performance. See “The Tales of Beatrix Potter” 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 Jan. 17-Feb. 9. \$10. Visit www.thepuppetco.org or 301-634-5380.

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 for more.

CLASSES & WORKSHOPS

Art Classes. Visit www.visartcenter.org or 301-315-8200 for a list of the winter classes, such as the Art of Watercolor, Advanced Artistic Anatomical Drawing and Painting Studio. Located at VisArts, 155 Gibbs St., Rockville.

THURSDAY/JAN. 9

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

FRIDAY/JAN. 10

Theater Performance. 7:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. See “Thoroughly Modern Millie, Jr.” performed by the IStage Performance Ensemble. Performers range in age from 6-12. \$10/person. Visit www.imaginationstage.org or 301-280-1660.

Opening Reception. 5:30-7:30 p.m. meet the artist of “so much depends” at Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurjeet Khalsa explores locations ranging from Belize to the Pacific Northwest. Free. Visit www.glenechophotoworks.org or 301-634-2274.

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. Glen Echo Open Band provides music. \$10/adult; \$5/age 17 and under. Visit www.glenechopark.org for more.

SATURDAY/JAN. 11

Theater Performance. 7:30 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. See “Thoroughly Modern Millie, Jr.” performed by the IStage Performance Ensemble. Performers range in age from 6-12. \$10/person. Visit www.imaginationstage.org or 301-280-1660.

Film. 7-9 p.m. at River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Watch “Gideon’s Army” and then discuss the film. Free. Visit gideonsarmythefilm.com or www.rruuc.org for more.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Halley’s Hot Gumbo Swingtet. \$16. Visit www.glenechopark.org for more.

SUNDAY/JAN. 12

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

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.

WEDNESDAY/JAN. 15

Lecture Series. 6:45-8:30 p.m. at Meadowside Nature Center, Rock Creek Regional Park, 5100 Meadows Lane, Rockville. Learn about rehabbing raptors from master wildlife rehabilitator Suzanne Shoemaker. Two of the birds will be present. Free. Register at www.parkpass.org, course #254815.

THURSDAY/JAN. 16

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

Author Discussion. 7:30 p.m. at Potomac Library, 10101 Glenolden Drive. Selby McPhee will discuss her book “Love Crazy: A Memoir.” Free.

FRIDAY/JAN. 17

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. Waverley Station provides music. \$10/adult; \$5/age 17 and under. Visit www.glenechopark.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/JAN. 18

One Day Art Class. VisArts, 155 Gibbs St., Rockville, is holding a variety of one-day classes, such as drawing, ceramics and more. Visit www.visartscenter.org or 301-315-8200.

Tiny Tots. 10 a.m. in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. “Snow Show.” For children up to age 4, lights stay on, doors stay open and shows are 30 minutes long. \$5/person. Reservations recommended. Visit www.thepuppetco.org or 301-634-5380.

Art Exhibition. See “Envision” by Elli Behdad at Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Hours are 1-6 p.m. with a reception from 4-6 p.m. Free. Visit www.ellizart.com or www.yellowbarnstudio.com for more.

Appreciation Event Workshop. 6:30 p.m. at VisArts, 155 Gibbs St. Celebrate the contributions and accomplishments of VisArts Board of Directors past president Bob Buchanan. There will be classes and more. Separate tickets required for the gala. Visit www.visartscenter.org or 301-315-8200.

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The poster for Alexandria Restaurant Week 2014 features a dark blue background with white musical notes and icons of a chef's hat, a coffee cup, and a fork. At the bottom, there is a colorful illustration of a row of European-style buildings. The text is primarily white and red.

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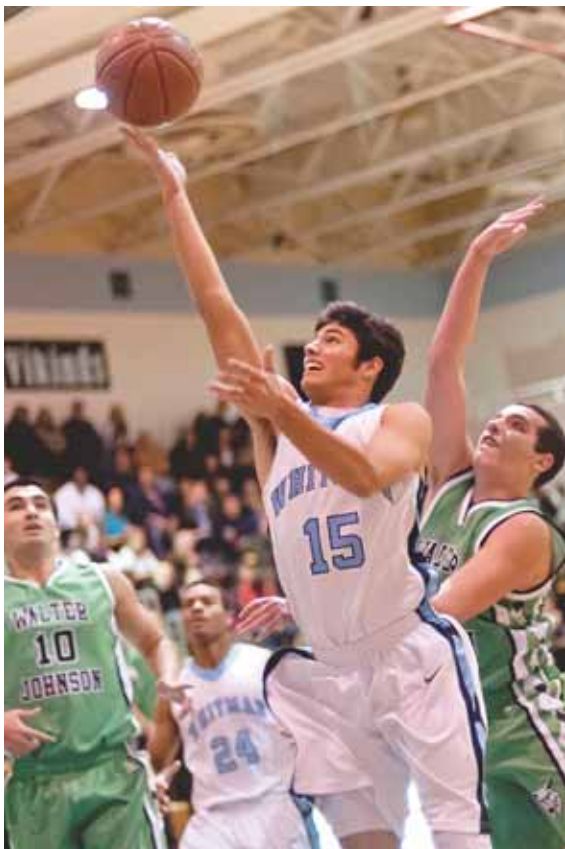
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SPORTS



Max Steinhorn and the Whitman boys' basketball team improved their winning streak to seven games with a victory against Walter Johnson on Jan. 4.



Whitman's Marie Hatch scored 17 points against Walter Johnson on Jan. 4.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

Compiling Winning Streaks

Whitman Boys', Girls' Basketball Teams enter 2014 with victories.

Playing in an afternoon varsity doubleheader that had been rescheduled due to inclement weather, the Whitman girls' basketball team opened 2014 with a 44-36 victory over Walter Johnson on Jan. 4, extending its winning streak to six games.

Afterward, the Whitman boys' team followed suit, beating Walter Johnson 74-41, extending its winning streak to seven games.

The Whitman girls were playing in their first game since winning their bracket at the Milford Mill holiday classic Dec. 27-28.

The game tipped off at 12:15 p.m., but head coach Pete Kenah said that wasn't a problem, due in part to having faced Bishop McNamara on Dec. 14 with an 11:30 a.m. start time.

"[A]lso, with the students having had off on Friday," Kenah wrote in an email, "they were rested, restless and ready to play."

Marie Hatch led Whitman with 17 points.

The Whitman boys' team dropped its first two games of the season, but bounced back with seven consecutive victories, all coming by double digits.

"We played pretty well Saturday versus WJ," head coach Chris Lun wrote in an email. "We were able to get out to a big lead early. We did a good job offensively, although we still aren't consistently knocking down outside shots. We are doing a much better job forcing turnovers, which helps lead to easy baskets in transition."

"During this winning streak, we have been playing well together. We have a balanced scoring attack with four guys averaging more than 8 points per game. Guys are understanding their role, and that is really helping us. We are also doing a pretty good job at mixing up our defenses."

Both teams faced Bethesda-Chevy Chase on Monday, Jan. 6. Each is scheduled to face Richard Montgomery on Jan. 8 and Blair on Jan. 10.

"Four games in seven nights is always tough, but all teams have to deal with it," Lun wrote. "This is a big week for us with B-CC, RM, and Blair (all division games). If we want to compete for our division title, then we need to come out ready to play this week."

Kenah said he expects Blair to be tough.

"Playing Blair at Blair at 5:15 on Friday will be quite a test," Kenah wrote. "Blair came and watched our game on Saturday. They only have one loss on the season, they have four girls who average over 12 points per game [and] it will be a long week by that point with the games and with the school quarter ending, so this is a tough week at school."

SCHOOL NOTES

FROM PAGE 4

participated in an 18-day study trip to China during Lawrence University's fall term recess. A sophomore, Ling is one of 13 students who traveled with four fac-

ulty members as part of Lawrence's multi-disciplinary initiative "Sustainable China: Integrating Culture, Conservation and Commerce."

Giulia Giannangeli and **Laura Sperling**, both of Potomac, will study

in London as part of University of Delaware's foreign study program.

Max Greenberg, of Potomac, a freshman communication studies major at Widener University in Chester, Pa., was named to the dean's list.

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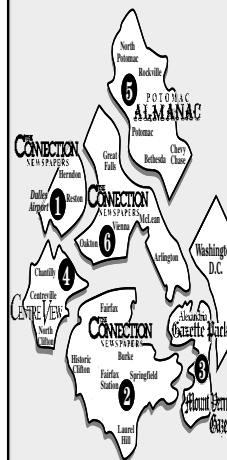
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Living With My Decisions

By KENNETH B. LOURIE



On multiple occasions throughout my nearly five years of being treated for stage IV, non-small cell lung cancer, my oncologist has given me opportunities to stop and/or take a break from my treatment, or to consider alternatives to the normal protocols – for the expressed (literally) purpose of sustaining/enhancing the unexpected, above-average quality of life I have mostly experienced during my nearly non-stop, every three-week chemotherapy infusions which began in early March, 2009. The goal being to enable me to enjoy my life and not be subjected to/beaten down by the ravaging and debilitating effects of chemotherapy.

As many of you probably know, chemotherapy is hardly a cure for what cancer ails you; in many cases, it is the last line of a faltering defense against the indefensible: a terminal prognosis. When your oncologist characterizes you as “terminal,” and gives you “13 months to two years” to live, the presumptions, the logic, the understanding is that whatever treatment you endure is not likely to save your life. Stage IV means inoperable, incurable (though “treatable”); words which are not used indiscriminately. They are used, as is the “stage,” to define a set of medical conditions that are extremely serious and based on the most current and best-known medical knowledge available at the time, and are not likely to result in a happy ending. As I’ve said previously, “being called ‘terminal’ is all it’s cracked up to be.”

In spite of everything – all the discouraging words, all the chemotherapy, all the varying lab work (good and bad) and miscellaneous results from CT Scans, MRIs and the occasional bone scan and X-Ray – I have managed to outlive the original prognosis offered by my oncologist. My body has held up to the rigors of chemotherapy (I’ve never been a candidate for radiation as my tumors are too numerous and too spread out for the targeting strategy to benefit me, if I understand the process clearly) amazingly well. Still, there are limits of effectiveness. Your body can only take so much before it begins to work against you.

Nevertheless, when offered a respite from treatment and given an opportunity to live life to the fullest and enjoy what time I have remaining – not hooked up to an I.V. – I have always opted to continue treatment. Regardless of the oncologist’s motivation in suggesting these breaks (though they are discussions we have together; it’s hardly unilateral, one way or the other), it’s always felt to me as if I were giving up and/or giving in. Diagnosis-to-date/treatment-to-date, it’s never appealed to me. In retrospect, I imagine I was being naive to think that my overall very manageable quality of life as a lung cancer patient/survivor would/will continue, so why stop now when the worst-case scenario seems to be have been/is a bit overstated? I don’t know if that’s hubris on my part, stupidity or wishful thinking (certainly that), but my feeling is that if I think I’m going to die, I probably will (sooner rather than later is what I mean). And not that this whole strategy of mine has been about trying to out-think cancer by being positive and optimistic; hardly. But I will admit this: given my current alive-and-reasonably-well status, I wouldn’t say it’s worked against me.

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

Bathroom Organization for New Year

Simple strategies for storing bathroom essentials.

By MARILYN CAMPBELL
THE ALMANAC

Cluttered bathrooms where the medicine cabinet contains everything from batteries to old toothbrushes and a linen closet where towels and sheets are intermingled with flashlights and scrub brushes can be the bane of anyone’s existence. However, a new year can offer a fresh start in one of the most-used rooms in one’s home.

Local organizers say it is possible to gain control of the clutter in a few simple steps. From multi-functional decorative items that add more space to small lavatories to cabinetry designed to offer extra storage, they offer strategies for tackling one of the biggest household annoyances.

“When bathroom storage space is very limited, I have used items like a [portable space-saving cabinet],” said Susan Unger, of ClutterSOS in Vienna, Va. “It fits over the toilet, and adds additional storage space and is not unattractive.”

Making use of decorative containers can save space and add aesthetic appeal to a

bathroom as well. “I suggest putting cotton balls, soaps and sponges in glass jars for looks and to save on cabinet space,” said Sallie Kjos of GreyHunt Interiors in Chantilly, Va. “For ladies, I suggest getting acrylic desk organizers and using them to organize your make up instead a [make-up] bag that takes up more space and is less functional.”

Courtney Thomas, of The Picket Fence in Burke, Va., suggests using vintage locker baskets for a touch of nostalgia and added storage. “Place them under the sink to coral cleaning supplies or hang them on the wall to hold extra toilet paper or toiletries,” she said.

Kjos agrees that decorative baskets are a top organizational tool. “Clean out the linen closet, refresh your towels and organize your personal items in lined baskets that match,” she said. “You can pull them out like drawers and they look better than simple stacks.”

For those considering a bathroom-remodeling project, Guy Semmes of Hopkins & Porter Construction, Inc. in Potomac, suggests a floating vanity. “It hangs above the floor,” he said. “There is room for a laundry hamper and other storage. There are a lot of advantages to it. You can add a light under the vanity, which gives it a nice look at night, and it makes it easier to clean the floor.”

Joe Starkey, of Old Town Kitchen and Bath



PHOTO BY PAIRED IMAGES PHOTOGRAPHY

Guy Semmes, of Hopkins & Porter Construction, Inc. in Potomac, says there are organizational and space-saving advantages to using floating vanities in a bathroom.

in Alexandria, Va., said, “We just installed ... a full-height, semi-recessed cabinet into a master bathroom in Fairfax and the additional storage space it offers is tremendous.”

Trendiest Color for 2014: Radiant Orchid

Local designers offer tips on using this exotic hue tastefully.

By MARILYN CAMPBELL
THE ALMANAC

It has been called exotic, vibrant and even magical. Now it has been named the 2014 color of the year: orchid, or radiant orchid to be exact.

Pantone, color authority and provider of professional color standards for design industries, says this shade of purple will be everywhere in 2014. Local design experts agree that this lively hue can add bursts of energy to almost any interior when used tastefully. But before you lay radiant orchid marble in your powder room, remember that Pantone will crown a new shade in less than 12 months.

“I would use this color in ‘easily changed’ items such as linens and accessories to add a pop of color to a space,” said Bill Millholland, executive vice president at Case Design/Remodeling, with offices in Bethesda and Falls Church. “I think of the Pantone selection as primarily fashion focused. As a result, it has a limited lifespan and is not appropriate for tile [and] cabinetry ... that you want to look great for a long time.”



PHOTO BY GREGORY TINUS

While radiant orchid might be the color of the year, Victoria Sanchez, of Victoria at Home in Alexandria, says “Neutrals are here to stay.”

Jim Nicolson, of Tech Painting Company in Alexandria, Va., said, “We might get a request for an accent wall in a deep purple or violet, but it would be fashion-forward type people who uses those colors, at least in the Washington area.”

Instead, designers say to look for radiant orchid in textiles. “A great complementary

color is navy blue,” said interior designer Sallie Kjos of GreyHunt Interiors in Chantilly, Va. “You can inject these colors into your home by using throw pillows and throws. Replace rugs with navy blue and white indoor-outdoor rugs, [using] the pops of orchid on the pillows and artwork. ... Look ... for orchid pillows in solids and mix [them] with a geometric pattern in navy blue.”

Victoria Sanchez, of Victoria at Home in Alexandria, Va., said, “Orchid is going to be the new blue for the bedroom. It will take the place of blue and can be paired with similar neutrals.”

Sanchez predicts that soft colors will also be popular in 2014. “Neutrals are here to stay,” she said. “We’ll still be enjoying grays, taupes and shades of ivory with their soothing palettes.”

Lisa Magee, project designer at Case Design/Remodeling anticipates seeing shades of gray this year. “Grays are where it’s at. We’re moving away from the earth tones and into the cooler colors like grays and blues.”

Nicolson said that “Grays were big last year, a lot of shades of gray, and that doesn’t seem to be changing, but that could very well be unique to Washington.”

As a neutral, gray would work with radiant orchid as well. But if such a bright color still makes you a little gun shy, Kjos offers a simple solution: “For your coffee table, purchase a live orchid to bring in the color.”

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