‘Annie:’ Final Curtain Call

For Potomac Theatre Company?

“Annie Get Your Gun”
“Don’t Dress For Dinner”
“The Mikado”

“Last of the Red Hot Lovers”
“Steel Magnolias”
“Once Upon a Mattress”
“It’s Beginning to Look a Lot Like Christmas”
“Snow White”
“Amadeus”

“Murder on the Nile”
“Sound of Music”
“The Music Man”
“The Mousetrap”

“The Dinner Party”
“RA&B A Musical Adventure”
“Scrooge! The Musical”
“Cinderella”
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BULLETIN BOARD

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

WORKSHOPS AVAILABLE
New Workshops. JSSA’s (Jewish Social Service Agency) Winter/Spring 2014 Workshops and Groups are open for enrollment with details online. These programs provide the opportunity for anyone in the community struggling with a wide range of learning, behavioral, emotional and physical challenges to learn from JSSA’s highly skilled professionals and to share with others who are facing similar challenges. Limited space is available for some workshops and groups. New programs just added include: Children of Divorce Support Group; Connecting in Friendship; We Can Get Along; and Social Clubs for individuals diagnosed with a Level 1 Autism Spectrum Disorder. Visit http://www.jssa.org/ or contact Lise Bram at lbram@jssa.org.

CAMP REGISTRATION
Summer Camp Registration. Montgomery Parks, part of the Maryland-National Capital Park and Planning Commission, is offering 88 summer camps in 2014 spanning a variety of interests including ice skating, tennis, golf, gardening, outdoor adventure, nature, and more. Summer camps are available for tots to teens at all skill levels and at hundreds of locations across the county. A $25 discount is being offered for early registration for a select group of camps. Registration is open at www.montgomeryparks.org/camps. A complete list can be found at www.MontgomeryParks.org/guide. Where camp searches may be filtered by age, location and key words. The 2014 Summer Camps guide is available online at www.montgomeryparks.org/guide. Print copies may be found at select Montgomery Parks’ facilities, Montgomery County Recreation centers, government buildings and libraries while supplies last.

SATURDAY/FEB. 8
Cecily’s Advocacy Workshop. 8 a.m.-4 p.m. at McLean School of Maryland, 8224 Leshizer Lane. The workshop is designed to offer tools, resources and information for parents, educators and child development professionals. To register, visit www.mcleanschool.org/cecily.

MONDAY/FEB. 10
Final Session of the Career Gateway. The Jewish Council for the Aging will hold a job search training program that includes one-on-one mentoring, take home materials and more. $75 for a multiple-day workshop. Register by e-mailing egreenberg@accessjca.org or 301-255-4215.

Meeting. 7:45-10 p.m. at County Council Office Building, 100 Maryland Ave., Rockville. County Councilmember Roger Berliner will be the featured speaker. He will present his package of 13 environmental and energy conservation proposals to address the consequences of climate change. Free. For more information, visit www.mcleanschool.org/cecily.

WEDNESDAY/FEB. 12
Republic Candidate Forum. 7-9 p.m. at the Potomac Library, 10101 Glenolden Dr, Potomac. Republican candidates for the Maryland Senate and House of Delegates will headline a Lincoln Day forum. Free and open to the public, the forum provides an opportunity to meet the candidates and exchange views with them as we mark the 205th birthday of Abraham Lincoln, the first Republican president. Visit http://mdgop.md15.org/events-3/ for more.

THURSDAY/FEB. 13
Forever Yours: A Valentine’s Day Workshop. 6-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine’s Day. Registration required, 301-921-4400.

Volunteer Information Session. 7:30 p.m. at Rockville Memorial Library. Learn how to volunteer and help adults learn to read, write or speak English. Visit www.literacycouncilmcmd.org or 301-610-0030.

FRIDAY/FEB. 14
Forever Yours: A Valentine’s Day Workshop. 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine’s Day. Registration required, 301-921-4400.

MONDAY/MARCH 3
Application Deadline. The online application for the Military Officers Association of America Educational See Bulletin Board. Page 11

JT Interiors at Potomac House
Invites you to join us.
Wine & Chocolate Tasting Soirée
Saturday, February 8th
2 p.m.–5 p.m.
9906 River Road,
Potomac, MD 20854
301-299-0485
facebook.com/jtinteriorspotomac

Snapshot
Saturday, Feb 1: A frozen part of the Potomac River.
News

Curtain Call

By Ken Moore
The Almanac

The Potomac Theatre Company’s 25th Silver Anniversary Season will also be its last.

“We’re going to have to close our doors,” said board member Carole Dell. “It’s really quite sad.”

The local theatre company will raise and lower its curtain for its final performances with its production of “Annie” in March at the Bullis School’s Center for the Performing Arts.

“It’s bittersweet because some of us have been working on this the entire time,” said Elie Pisarra Cain. “We’re all broken hearted, but we have to look at it realistically.”

Patti Warner and Nan Munsing founded the company and “25 years of history happened,” said Pisarra Cain. Warner might fly in to see one of the company’s final performances.

So for the next month, the show must go on.

“We worked hard to make it as good as it was,” said Pisarra Cain.

The costs of putting on quality shows became prohibitive. Even when the shows sold out, it still didn’t cover the costs. Technical expenses, building sets all added up.

Over the years, Potomac Theatre Company performed in many adapted venues before finding a home at Bullis. “Everybody is jealous of our space,” said Pisarra Cain.

Previous venues included Connolly School with its production of “Annie” in March at the Bullis School’s Center for the Performing Arts.

“It’s an enormous loss,” she said. “We have an enormous following of people who love seeing great plays, well-behaved, good-natured dog to work with, and people who love seeing great plays, well-behaved, good-natured dog to work with.”

Dog Auditions

Potomac Theatre Company is holding dog auditions for its upcoming production of “Annie.”

Requirements: Dog should be medium-sized, well-behaved and have obedience training, needs to be great with kids and very gentle. Handler must stay with dog at rehearsals and show dates.

Any questions can be directed to Ron Sarro, director at ronsarro@potomactheatrecompany.org.

Audition spaces limited to 10 dogs. Auditions: Saturday, Feb. 8, from 9 a.m.-10:30 a.m. Audition spaces limited to 10 dogs. Sign up at www.potomactheatrecompany.org.

Some Past Performances

Amadeus (Fall 2002-2003)

Sound of Music (Fall 2003-2004)

The Dinner Party (Spring 2003-2004)

Once Upon a Mattress (Fall 2004-2005)

Cinderella (Winter 2005-2006)

Annie Get Your Gun (Fall 2005-2006)

Steel Magnolias (Spring 2004-2005)

Once Upon A Mattress (Fall 2004-2005)

The Dinner Party (Spring 2003-2004)

Sound of Music (Fall 2003-2004)

Grand Finale: “Annie”

Call Potomac Theatre Company 301-299-8571
www.potomactheatreco.org

Performances at Bullis School
The Blair Family Center for the Arts
10601 Falls Road
Friday and Saturday, March 14 and 15, 7:30 p.m.
Sunday, March 16, 2 p.m.
Friday and Saturday, March 21 and 22, 7:30 p.m.
Sunday, March 23, 2 p.m.
Friday and Saturday, March 28 and 29, 7:30 p.m.
Sunday, March 30, 2 p.m.

Director: Ron Sarro
Music Director: Webster Alexander Rogers Jr.
Choreographer: Trish Townsend Baker
Producer: Tammi T. Gardner

Potomac Theater Company will perform its final show in March.

Eight girls of the cast for “Annie.”

For Three Weeks in March Annie will sing her hope, “The sun will come out tomorrow, but your bottom dollar that tomorrow, there’ll be sun.”

“It’s going to be a zenith of a show,” said Pisarra Cain. “It’s been a wonderful run.”

Dell, who volunteers with Pet Connect, said the company is currently looking for a 40-pound dog to play Sandy. They need a well-behaved, good-natured dog to work with the eight girls on the stage. Dog auditions are Saturday, Feb. 8.

“We have an enormous following of people who love seeing great plays, well-acted, that aren’t very far away,” said Dell. “It’s an enormous loss,” she said.

Entrepreneur Finds Outlets for His T-Shirt Designs

BAMindful Designs started with doodling.

By Ashley Claire Simpson
The Almanac

Whole Foods Market in Rockville showcased a collection of Potomac resident Bryan Morris’ t-shirts on Sunday, Jan. 19. While Morris has sold his t-shirts to friends, family and people he has met through his family’s business, this was the local artist’s first appearance as a vendor in a commercial setting.

“The event was on Sunday and it went pretty well,” Morris said. “We were set up near the whole body products. We sold eight shirts and got some really good feedback. It was really exciting.”

Morris is not a trained artist, but said he has been drawing for years. The designs that are now featured on high quality fabric tee shirts began as doodles on paper.

“It was probably about 10 years ago that I started making complex doodles,” Morris said. “I never studied any artists and I never took any art classes. I don’t emulate or seek out other artists’ accomplishments or their work. I just started doodling and the doodles got really complicated, crazy and complex.”

In November of last year, Morris incorporated his t-shirt design company, BAMindful Designs, as a limited liability corporation.

The event on Sunday was just the beginning of Morris’ t-shirt sales in local stores. In a week, they will be on sale at the Rockville Whole Foods, and he has discussed selling his t-shirts with other local Whole Foods stores as well.

“The goal was to get exposure,” Morris said. “You want to sell shirts, but this was more like a launch party, mainly to get exposure and to have people see what I am doing.”

He is currently planning an appearance with his designs at the Kentlands Whole Foods location. The designs he will be promoting on Kentlands will be timely for Valentine’s Day.

“My goal is to slowly but surely get several locations set up to sell my shirts, and keep growing,” he said. “I am working with Dawson’s to get set up. They are on board. I am just getting an order finalized. That would be a great addition to having their market carrying them as well.”

Morris said he originally approached...
Tennis Comes Alive with ‘T&T’ and ‘Live Ball’ Clinics

Intense sessions strengthen beginners and experienced players.

By Susan Belford

The Almanac

“Smash that ball! Put it away! Finish the point! Move your feet! Get your racquet back up and ready for the next shot!”

Participants pant, sweat drips — the game is on and players are striving to improve. Balls fly across the net as players hit ground strokes, volleys and overheads. Pros holler tips, instructions and commands — encouraging players to move more quickly and hit more solidly.

The new “Live Ball” and “Techniques and Tactics” tennis clinics are providing an exhilarating tennis program that helps both beginners and competitive players raise the level of their games. Also called “The Best Clinic” (www.thebestclinic.com), the 90-minute clinics focus on reactions and net play, closing out points, positioning and winning. There is no “down time” — the cardio work-out is intense and the points played are challenging.

Participant Louise Meyer explains the value to her: “Live Ball could be renamed No Dwell Tennis because it moves so fast you don’t have time to think about the last shot you missed. It’s a great clinic for working on moving quickly and covering the court.”

“We keep the ball moving all the time,” said executive director and tennis coach Bob Pass. “You don’t have to worry about the score. We play out points in the doubles format and enforce good habits by performing the skills over and over. We work on reflexes and quick hands.” Along with Pass, the pros that facilitate the clinics are well-known locally: Steve Miguel is the director of Supernational Program and the BEST clinics, Jim Shepard is the director of tennis at the Edgemoor Tennis Club, and Lee White is a certified teaching tennis professional.

“Techniques and Tactics” (T&T) is organized by level (2.5 – 5.0) and players work on tennis skills, including strokes and techniques, as well as doubles strategy and positioning. “Live Ball” focuses on continuous-play tennis games, competitive point play, fitness, footwork, reactions and the net game. It is also open to players of all levels. These clinics provide an opportunity to meet new tennis players and to participate in tennis events without joining a tennis club or country club. Another plus is the ability to sign up to participate in the clinics with friends or tennis partners.

“Our goal is to work with players not just to get the ball back, but to find the hole and put it away,” said Miguel. “We play multiple games to keep it moving — we are not stuck in just one mode. It’s all about reactions and getting to the net. It’s a high intensity clinic.”

The clinics are catching on fast. An average of 65 players have been signing up weekly — and there’s room for more. Participant Julie Lieuw said, “Live ball is fast paced with lots of net play. I can experience many more points in an hour of Live Ball compared to an entire doubles match. It’s also great exercise and a nice way to meet other players.”

Tennis player Marcie Robinson said, “Jim Shepard is a great teacher. I have been working on my serve forever, and a few tips from Jim during a T &T session have made a big difference.”

“When you attend these clinics, you will hit eight times the number of balls you would normally hit in a doubles game,” said Marketing Director Debra Dager. “I’m totally addicted.” Dager has been setting up additional tennis events that are both fun and challenging. “We will host a Valentine Round Robin and Chocolate Exchange on Feb. 14 and will have more fun events in the future. ‘Like’ us on Facebook or write a review, and you will be entered for a free ‘Live Ball’ Clinic.”

Sign up on-line at www.thebestclinic.com or call 301-299-0007. A single “Live Ball” session is $25, a single T&T session is $38. Multi-session packages are available, which lower the cost of each session. For example, a 5-week “Live Ball” package is available for $100, a 3-week “Anytime” T&T package is $110 and an 11-week T&T package is $350. Private lessons are also available.
Entrepreneur Finds Outlets for His T-Shirt Designs

Whole Foods and Dawson’s because of his own pleasant shopping experiences at those stores. “I shop at Whole Foods and Dawson’s regularly, and I just kept thinking, ‘this is such a great cross section of people that shop here, and since it is upscale, I figured it was a match,’” Morris said. “I wanted it to be special. The team leader I talked with loved the idea, and then that got the ball rolling.” The designs will land beyond local markets, as well. Morris said Husqvarna Viking, the computerized sewing machine company, is drawing up a contract with BAMindful Designs.

“I’ll just be licensing them 10-20 designs for an embroidery collection,” Morris said. “They will be digitizing the designs … to be inserted into their embroidery machines. This way, individuals can buy a digitized collection of my art, insert it in their embroidery machine, and sew out my art onto clothes.”

Morris said his artistic process begins with a good song, a pen and paper. It ends with placing an order with a local silk strainer to put the designs on high quality t-shirts. “I like to listen to music while I’m drawing, and I typically don’t start with any pre-thought or concept,” Morris said. “I just begin in the center of the page and let it slowly unfold the way it wants to. There really isn’t a plan. You can compare it to a live television show, no tapes — it happens as it happens. If I think it’s one that will look good on a shirt, if so, then I explore shirt options.”

He said he uses a local silk strainer out of love and respect for his source. “I use quality because I care very much about the art,” Morris said. “I don’t want something I love being on a poor quality thing.”

Moving forward, he said he would like to design more than t-shirts. He imagines his name being on clothing lines and having his own clothing store. “I really want to get more into design,” Morris said. “I want to get more into the designing of clothes and have a more customized lining of clothes that are edgy and funky. I am getting into embroiery and repurposing clothes with equipment at my shop.”

Morris said he is enjoying the best time of his life, but instead of being complacent, he yearns for even greater success. “This is a fun beginning, having the public exposed to what I am doing, and I want to take it way beyond this and have this blow up and be gigantic,” Morris said.

To order a custom Brian Morris t-shirt, visit www.bamindfuldesigns.com.

School Notes

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

WEDNESDAY/APRIL 30

Writing Contest Deadline. All Maryland 7th- and 8th-grade students can enter a statewide writing contest focusing on the themes of peace and social justice. To enter, students must submit an entry of up to 1,200 words on a specific topic. Entries and accompanying materials must be postmarked no later than April 30, 2014 and mailed to Fred B. Benjamin Peace Writing Contest, 310 Riverview Ave., Annapolis, MD 21403-3328. For the topic and required documents, call 410-263-7409 or email mjkeller@att.net.

Harvard College first-year student Emille Beller, daughter of Michael Beller and Susan Beller of Potomac, has been named to the fall term dean’s list. Beller is majoring in business administration.

Ashley Kalavritinos, a junior majoring in psychology, and Adam Rosenberg, a senior majoring in international affairs, made the dean’s list at James Madison University for the fall 2013 semester.

The following students were named to the dean’s list at Mount St. Mary’s University: Victoria Barry, class of 2017, the daughter of Mr. and Mrs. Bertrand Barry; Bernadette Corso, class of 2014, the daughter of Mr. and Mrs. John Corso; Mary Corso, class of 2014, the daughter of Mr. and Mrs. John Corso; and Cristina Gonzalez, class of 2014, the daughter of Ms. Marta Fuentes and Mr. Nolan Gonzalez.

Great Connections • Great Readers!

PoTOMAC ALMANAC

www.potomacalmanac.com

by Michael Matese

Seven Tips to Buying a House

• Choose the Right Realator
  - a home is typically not your largest investment, its colder done. But a Broker with experience and knowledge will not only be able to assist you in purchasing your home, but can also help you in selling your home. What you will want to do is try and find a realtor that has sold real estate in your area and who can help you in negotiating the best price for your home.

• Location
  - Location is everything. The saying holds true and always will. You can renovate, re-design and customize, but you can’t change the location. Where you buy a home is just as important as the home itself. If you’ve got appreciation of value in mind.

• Home Inspections
  - A home inspection in the best investment you can make because it can save you quite a bit of money in the future. A licensed home inspector will check structural, mechanical, electrical, plumbing and heating as well as six systems to check for defects. If there’s a problem, the home owner may not be aware of and can help you in negotiations as to whether to close or not.

• Your Lender and Your Loan
  - Home loans vary from person to person. It is important to earn the loan program you apply for and approach your lender for this. For example, if you know you’re going to be in the home for more than five years, you may want to take a fixed-rate mortgage. If you’re not as sure, you may want to take a variable-rate mortgage. A good lender will take the time to find the loan that’s right for you.

• Your Own Agent
  - Always be sure to understand your agent in a transaction. New customers are not exceptions. It only you nothing and a good agent will save you money on low fees and represent you properly.

• Buy a Home You Can Afford
  - Using a lender’s guidelines, decide how much house you can afford. You want to get the most house for your money but don’t want to overextend yourself financially. Be careful, a forced sale almost always guarantees a loss.

• Buy a Home You Love
  - In the long run, you’ll live in your home—what you think of it matters. No matter how well resided friends and family members think your house is your idea, take a look at what kind of house you choose to buy. You’ll be the final word.

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

MICHAEL MATESE
Long & Foster Realtors
301-806-6829
Mike@michaalmatese.com

LET’S TALK Real Estate

We’d Like to thank you for your patronage!
A 20% Off Closing sale will begin on
February 6, and last through
Friday, February 28.

301-983-3160 In Potomac Village

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www.potomacvillagedeli.com

Home of Your Corporate & Residential Catering Headquarters
Serving the Community for over 35 Years
The Potomac Master Plan: 12 Years Old

Next Meeting

The public is invited to the West Montgomery County Citizens Association General Meeting on Feb. 12, at 7 p.m. at the Potomac Community Center. If any, should be allowed in this environmen-
tally sensitive neighborhood. The study was not intended as a means to extend sewer
wholesale and residents have rightly ques-
tioned how the study is being conducted. Why?

Becuase Glen Hills straddles headwaters of two
streams in the same watershed: Piney Branch
and Watts Branch. Eventually these streams
reach the Potomac at the intake of the filtra-
tion plant on River Road. We are back to the
need to protect drinking water and the Ches-
apeake Bay.

Upholding our Master Plan is fundamental
to WMCCA, assuring residents that the life they
came to Potomac to enjoy will remain intact.
Many communities without strong citizen over-
sight have seen their planning undermined with
precedent setting decisions that destroyed
and caused irreparable harm to communities
they loved. Our Master Plan identifies sustain-
ing the environment as the “preeminent policy
determinant in a subregion defined by its natu-
ral resources.” We benefit from and enjoy riches here — an abundance of forest, stream
valley parks, and the C&O Canal National His-
toric Park on our border with the Potomac
River. Our geology alone is astounding. But
we will not keep any of these treasures if we
do not defend them. Like our drinking water,
we can never take them for granted.

DEVELOPMENT PROPOSAL

Lake Potomac Development - 11.06 acres,
11901 Stoney Creek Road, at the intersection
of Stoney Creek Way. The property combines
three parcels in RE-2 zone with stream buff-
ners, forest, and steep slopes. There will be a
presubmission public meeting on Thursday Feb.
13, from 6:30 - 7:30 p.m. at Potomac Elemen-
tary School. The subdivision plan submitted to
Park and Planning calls for five lots. The pur-
pose of the meeting is to explain the plan, ad-
dress issues, and notify those attending of their
right to participate in the review process. Please
attend as this proposal has environmental im-
ports to our community.

ARTIFICIAL FIELDS UPDATE

By CAROL VAN DAM FALK

Jan. 9: Environmentalists disputed an EPA study that ground up tires in turf pose no health
risks. Meanwhile, the Super Bowl is to be
played at MetLife Stadium, where a new syn-
thetic turf field from UB Sports was installed
last summer. Organizers were forced to replace
the old synthetic turf field at FieldTurf after only
three years. In its glossy marketing brochures, the company claims 10 years is the
normal life span of its artificial turf fields.

Dec. 23, 2013: The EPA acknowledges it is
evertheless concerned about playground turf
is safe for children, which makes one wonder how
lawmakers and school administrators can
determine that artificial turf is safe. The EPA
writes, “the ‘very limited nature’ of the EPA
study makes it ‘not possible to extend the re-
results beyond the four study sites or to reach
any more comprehensive conclusions without
consideration of additional data.” We agree
more research is a must.

Oct. 29, 2013: Actress Jennifer Beals is on
our team. She led a “Stroller Brigade for Safer
See Potomac. Page II

OPINION

Ginny Barnes
President

Potomac hugs the western edge of the

area in a transition zone between

the urban down-county and the ru-

ral Agricultural Reserve. Our Master

Plan is firmly based on protection of the drink-
ing water that serves over 4.3 million people

in the region. Within the Master Plan bound-

aries are numerous streams that find their way

by gravity into the Potomac River. Adjacent to

those streams are even more seeps, springs, and

wetlands that feed and recharge them with

clean water and aquatic life nec-

essary for a healthy environ-

ment. Through good planning,

stream valley parks were estab-

lished to help buffer and protect those streams

but it is not enough. Potomac is designated

a residential low density “green wedge” to limit

impervious surfaces (rooftops, driveways,

parking lots) that cause storm water runoff.

The goal of our 2002 Master Plan Revision is
to “protect the subregion’s rich natural envi-

ronment and unique ecosystems”. In the 12

years since our Master Plan was adopted, we

know a great deal more about the damage

carried by gravity into the Potomac River. Adjacent to

the Potomac is the Serpentine Barrens. Appoxi-

mately 200 acres of it has been acquired as a

Conservation Park through the Legacy Open

PARKS UPDATE

One of the most geologically unique areas

of Potomac is the Serpentine Barrens. Approxi-

mately 200 acres of it has been acquired as a

Conservation Park through the Legacy Open

apartments, an agreement has finally been signed

with Pepco to allow the trail crossings of the

Pepco power lines. After many years of nego-
tiation and creation of the Potomac is the historic

Potomac Almanac is published by Local Media Connection LLC

www.ConnectionNewspapers.com

www.PotomacAlmanac.com

Opinion

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POTOMAC ALMANAC

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Newspaper of Potomac
A Connection Newspaper

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

1606 King Street
Alexandria, Virginia 22314

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www.ConnectionNewspapers.com
ENTERTAINMENT

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

ONGOING

Art Exhibit. 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.artglasscenter.glenecho.org.

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

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

Art Exhibit. See “so much depends” Jan 10-Feb. 18 in Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurupreet Khaba 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.


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.

Art Exhibit. See “Collective Ink: Recent Work of Eight Printmakers” in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. This exhibit will showcase art of print in all its variety of technique. Free. Hours are Thursdays and Sundays from noon-6 p.m. Runs Feb. 15-March 16. Visit www.glenecho.org or 301-634-2222.

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.

New Classes, Photoworks, 7300 MacArthur Blvd., Glen Echo, is holding new classes in basic digital camera, photoshop or elements basics and more starting Jan. 18. Visit http://glenechophotoworks.org/gallery/ or 301-634-2226 for a list of classes and to register.

THURSDAY/FEB. 6

Olympic Skate. 4:30-6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Enjoy skating, raffles, games, specials and more. $6.50 includes skate rental. Visit www.cabinjohnice.com.

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

FRIDAY/FEB. 7

Opening Reception. 6-9 p.m. at Capitol Arts Network’s Urban by Nature Gallery, 12276 Wilkins Ave., Rockville. Meet Pam Rogers and see her work in “Tokens and Sentiments.” Exhibit runs Feb. 7-26. Free. Visit www.capitolartsnetwork.com or 301-661-7590.

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. Gigueon artists provides music. $10/adult, $5/age 17 and under. Visit www.glenechopark.org for more.

SATURDAY/FEB. 8

Tiny Tots. 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See “Old McDonald’s Farm,” suitable for children up to 4 years. Shows are 30 minutes. $5/person. Visit www.thepuppetco.org for tickets.

Free Guided Tour. Noon-4 p.m. at Johasil Henson Park, 11240 Old Georgetown Road, North Bethesda. Take a free one-hour guided tour of the park and retrace the footsteps of Reverend Josiah Henson from his enslavement to his escape. Visit www.historyintheparks.org for more.


SUNDAY/FEB. 9

Family Dance. 3-5 p.m. in Glen Echo Town Hall, 2100 Harwood Ave., Glen Echo. $5/age 4 and older. No experience necessary. Visit www.fgwe.org or 301-315-9461.


Argentine Tango. 6-10 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.

THURSDAY/FEB. 13

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/FEB. 14

Sweetheart Skate. 8-10 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. $6.50 includes skate rental. Visit www.cabinjohnice.com.

Contra Dance. 7-10 p.m. lessons start; 8:15-11:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. $13/nonmember; $15/member; $17 and under. Visit www.glenechopark.org for more.
**Wellbeing**

**Consistent Bedtimes Linked to Wellbeing in Children**

Local experts offer suggestions for helping youngsters get a good night's sleep.

*By Marilyn Campbell*

When the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Gulyn and their 11-year-old twin brothers, Christopher and Jonathan, know that it’s time for bed. Whether they are on vacation during the summer or at their Arlington, Va., home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

“I am a big believer in structure and routine,” said the boys’ mother, Linda M. Gulyn, Ph.D., a professor of psychology at Marymount University in Arlington.

“Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially now.”

Researchers say going to bed at a regular time can have a positive impact on a child’s behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child’s behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine, such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychiatrist, says that a lack of adequate sleep can affect a child’s physical health. “If they don’t get enough sleep, it affects their immune system and their ability to pay attention,” she said.

Child psychiatrist Dr. Bruce P. Pfeffer, of Pfeffer Psychiatric Associates in Potomac, said a structured bedtime is part of what he calls “good sleep hygiene,” which can impact a child’s overall wellbeing. “Often in my practice I see children with attention problems, behavior problems, irritability, who aren’t getting enough sleep,” he said.

“I’ve had children fall asleep in class because of sleep deprivation.”

Experts say that while older children also need a good night’s sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. “Failing to get adequate rest can be an extreme stress on one’s body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than contemplative manner,” said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac.

Cogan stressed that teenagers actually can be challenging, but not impossible.

“Establishing a regular bedtime can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. “Build it into their daily routine and give them a lot of advanced warning,” said Gulyn. “If you just pluck a kid from the middle of an activity and just say ‘Go to bed,’ that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they’re playing a game and they get a bedtime warning, they can say ‘OK, I need to finish this game before bed.’”

When it comes to bedtime, it is important that children know what to expect, she said. “You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically.”

Pfeffer said, “It is important to establish a comfortable environment for very young children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down.”

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, “High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It’s not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It’s not a debate. The parent is in charge. It has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed … helps the child know you appreciate their effort and are proud of their accomplishment.”

Kensington-based psychotherapist Karen Prince cautions, “Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn’t include television, video games or screen time of any sort.”

When a regimented bedtime may sound draconian, it can actually be comforting. “Children thrive on structure and expectation,” said Pfeffer.

“For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night.”

Help for Dry Winter Skin

*By Marilyn Campbell*

Andrew Myers and her two young sons say that one of the challenges of winter is dry, itchy skin. Her boys, aged six and four, can only stand wearing soft clothing, because rough fabrics like cotton cause discomfort and make the skin feel as though it were being scratched. The problem can be especially bad when the temperature drops, the humidifier is turned down, and there are warmer rooms — our refuge from the cold — can turn dry.

“It’s horrible,” said Myers who lives in Old Town Alexandria, Va. “They are constantly scratching. My own hands are so dry and cracked that my cuticles hurt.”

When the temperature drops, the humidity usually follows, creating frigid, dry temperatures outside and warm, dry furnace air inside. The dehydrating combination can lead to dry, itchy winter skin. Local skin care experts say understanding the causes of dry skin is the first step to restoring it. They also offer dry skin fighting suggestions that range from the food you eat to the products you apply to your skin.

Bethesda-based dermatologist Dr. Richard Castiello says the dry warm air inside our homes — our refuge from the cold — can lead to dry skin. “The skin will lose its water content in the dry air, particularly with modern furnaces where the air is bone dry,” said Castiello “What I tell people to do is try to humidify your living [space].”

Jodye McGhee, a licensed esthetician and co-owner of Pure Aesthetica in Alexandria, Va., said the food and liquids you consume during winter can also impact dry skin. “First and foremost is always drinking plenty liquids like clean filtered water, maybe with a squeeze of lemon or a chunk of ginger,” she said. “Parsley is very hydrating, Cucumbers contain a lot of vitamins and minerals for your skin and they offer a detox for your skin, especially if we’re not working out as much and perspiring as much, they can help your skin achieve a glowing complexion.”

When it comes to topical skin care, Castiello said to watch how often you cleanse and the type of soap you use. “Soap works by cutting oil, so be less aggressive with showering [as] frequent washing strips the skin of natural oils,” he said.

McGhee said, “You always need to exfoliate, but you have to make sure you’re not over exfoliating.” After an exfoliation, hydration is crucial as well. “Apply a water-based mask like one made of aloe — aloe is mostly water — and leave it on anywhere from five to 25 minutes,” McGhee said.

Sealing in the moisture is the next step. “You don’t need a fancy lotion, but the thicker and greasier the lotions, the better,” said Castiello. “You can use even use warm petroleum jelly, melted so that it is reduced to an oil.”
In December 2013, 48 Potomac homes sold between $2,198,000-$453,500.

### Home Sales

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### Sports Briefs

#### Upcoming Churchill Games

The Churchill boys' and girls' basketball teams will host Blair in a doubleheader on Friday, Jan. 17. The boys' team will play at 5:15. The girls will follow at 7 p.m.

The boys' team will host Walter Johnson at 7 p.m. on Tuesday, Jan. 11. The girls will travel to face Walter Johnson.

The Churchill girls' basketball team defeated Poolesville 54-44 on Jan. 31, giving the Bulldogs six wins in their last seven games.

The Churchill wrestling team will host Blake at 6 p.m. on Wednesday, Feb. 5 and will travel to face Sherwood at 2:30 p.m. on Friday, Feb. 7.

#### Upcoming Whitman Games

The Whitman boys' and girls' basketball teams will travel to face Walter Johnson during a doubleheader on Friday, Feb. 7.

The boys' team will play at 5:15 p.m. Entering their Tuesday game against Churchill on Feb. 4, the Vikings were 12-3, winning 12 of the past 13 games.

The Whitman girls' team will follow with a 7 p.m. contest. The Vikings entered their Feb. 4 game against Churchill with a 23-2 record, having won 12 straight.

The Whitman wrestling team will travel to face Springbrook at 6 p.m. on Wednesday, Feb. 5.
Piece of Mind

By KENNETH H. LOUIE

Today I was eating a foot-long Roll, and while chewing, I felt something sharp against my gum. Knowing my candy, sharp I should not look. I swallowed, of course, and then I took a bite of my gum. After about 30 seconds, I noticed a hard object in my mouth. I spat it out and saw a small, sharp object that had caused a minor sore spot on my gum. I started to feel a sense of urgency to get this removed as soon as possible.

I went to my dentist, who examined my mouth carefully. He found the object and removed it using a small tool. He then cleaned my teeth and gums thoroughly, and I left feeling relieved.

Looking back, I realize that I should have paid more attention to what I was eating. I should have been more careful and not taken risks with my mouth. This experience was a reminder to me to always be aware of what I am putting in my mouth and to take care of my oral health.
The Potomac Master Plan: 2 Year Old

There is no such thing as an acceptable level of lead for children.” Maryland state legislators are working on gaining support for bills to prohibit Public Open Space (POS) money from being spent on funding artificial turf (AT) fields in Maryland, erect warnings signs at AT fields on the dangers of playing on tire crumbs especially on hot days, and to expose counties and municipalities to the full legal liability associated with AT fields. Please go to www.cafehealthplayingfields.org for more information concerning the dangers of artificial turf fields and to how promote and support natural grass playing fields in your community.

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Opinion

From Page 6

Chemicals and Safer Playing Fields” in Washington, D.C. to draw attention to the connection between toxic turf and questionable chemicals encountered daily by Americans. Beals said, “I’m tired of debating school administrators about artificial turf fields with crumb rubber, those black pellets that get everywhere and anywhere and that contain lead … polymeric aromatic hydrocarbons … I’m tired of reminding school administrators that what is good for a tire is not good for a child. I’m tired of hearing schools say, ‘Well, the company says there’s only a little bit of lead in it.’

apply online at www.moaa.org/education. The application deadline is Monday, March 3 at noon. Visit www.moaa.org/scholarshipfund or e-mail edassis@MOAA.org.

ONGOING

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

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

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

Alzheimer’s Association support groups provide a place for people with Alzheimer’s, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer’s journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer’s Association 24/7 Helpline at 800-272-3900 before attending a class. Class size is limited and filled on a first-come, first-served basis. To be placed on the application list, or for more information, call 301-590-2836.

Montgomery County Master Gardeners are seeking applicants for their upcoming training class. Class size is limited and filled on a first-come, first-served basis. To be placed on the application list, or for more information, call 301-590-2836.

VOLUNTEER OPPORTUNITIES

A local version of the Peace Corps has been established in Montgomery County by County Executive Ike Leggett. Called Montgomery Corps, it gives five county residents an opportunity to serve one year as Peace Corps Volunteers. Volunteers lead the classes, tutor and act as mentors. The fall class schedule and registration dates are available online. Anyone interested in signing up for a class or volunteering should contact the Literacy Council. Email info@literacycouncilmd.org or call 301-610-0030.

Montgomery County Master Gardeners are seeking applicants for their upcoming training class. Class size is limited and filled on a first-come, first-served basis. To be placed on the application list, or for more information, call 301-590-2836.

Italian Designer Takes Trunk Show to Benny’s Bar & Grill

Italian Designer Franco Fonati, owner of David 2 Leather Factory, based in Florence, Italy, opted out of holding his annual Trunk & Fashion show at the Willard Hotel in Washington, D.C this year. Instead, Fonati wanted to have the Trunk & Fashion show at the Willard Hotel in Washington, D.C this year. Instead, Fonati opted out of holding his annual Trunk & Fashion show at the Willard Hotel in Washington, D.C this year. Instead, Fonati wanted to have the Trunk & Fashion show in Potomac, 20 miles outside of D.C. for the annual event. Fonati chose Benny’s Bar & Grill in the Cabin John Shopping Center, one of Potomac’s newest restaurants with the look and feel of the 1940s with seating for 250 guests. The Trunk and Fashion will run from Wednesday, Feb. 5, through Sunday, Feb. 9 from 11 a.m. to 10 p.m.

From Page 2

Assistance Programs for the 2014-2015 school year is now available online at https://scholarship.moaa.org/login.aspx. Students can apply for the interest-free loans and grants, which are awarded annually for up to five years of undergraduate study (or until a student graduates.) Applicants must be graduating high school seniors or full-time college students working toward their first undergraduate degree. Students may....
COME CELEBRATE
“THIRSTY THURSDAYS”
AT POTOMAC PIZZA!

4:00PM–CLOSE

$2.00 BEER

1/2 PRICED BOTTLES OF WINE

Dine-in only. Please drink responsibly.

CHEERS!

POTOMAC PIZZA.

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