

# Potomac

## ALMANAC

# It's a 'Blast'

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Mackenzie Testa, Maddie Krueger (soloist) and Amy Dalrymple rehearse "Gravity" by Sara Bareilles for Winston Churchill High School's production of "Blast 25: Mixtape."

BY SUSAN BELFORD  
THE ALMANAC

Three women are sitting on a concrete sidewalk in front of a brick wall. Behind them is a large white sign that reads "sculpt studio" in blue lowercase letters, with an orange stylized flame or star logo between the words. Below the name, the website "www.sculptstudio.com" is partially visible. The woman on the left is wearing a black jacket, blue jeans, and black boots. The woman in the middle is wearing a black jacket over a white turtleneck, blue jeans, and black boots with fringe. The woman on the right is wearing a black jacket, black leggings, and blue and yellow sneakers.

PHOTO CONTRIBUTED

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\*Available select dates through December 30, 2014. Non-alcoholic substitute available. See website for details.

## 'Blast from the Past 25 – Mixtape' Opens at Churchill

**Production marks silver anniversary.**

BY SUSAN BELFORD  
THE ALMANAC

**I**t's hard to believe that the first "Blast from the Past" debuted at Winston Churchill High School 25 years ago — long before the current cast of performers was born. The 1989 show — the first of its kind in the Potomac area — is a tradition that has continued, offering thousands of students the opportunity to showcase their talents.

The show also provides Potomac families with the yearly ritual of attending "Blast" with children and grandchildren. Even though their kids have long since graduated, many families attend year after year, enjoying the music, the energy and the talent. This year is exceptionally special because WCHS is celebrating the silver anniversary of this production.

This year's show, entitled "Blast 25: Mixtape" will revive many of the tunes from previous "Blasts" as well as introduce current Top 40 Hits, Classic Rock and Nostalgia. The audience will have the opportunity to sing along with golden oldies such as "Hit the Road Jack," "Sweet Caroline," "Love Shack" and "Thriller" and to also enjoy contemporary Top 40's songs, including "Moves Like Jagger," and "Call Me Maybe."

Director Matthew Albright explains why he titled the show "Mixtape." "The impetus for the name 'Mixtape' stems from my childhood in the '80s and '90s. In my generation, people would create a mixtape for a loved one or to commemorate a treasured time in our lives — just like today's students listen to Pandora or put together playlists

on iTunes. I hope the title — and the show itself — will hit home with an older generation while also translating well to our younger performers and audience members."

The new production will be the debut of WCHS choral teacher Albright and Tech Director Ben Schnapp, both new to WCHS this year. Albright was formerly a choral teacher in both Loudoun County, Va., and Frederick County, Md. He is also involved in area community theater.

"It is a great honor for me to take the reins of this incredible production and carry on the tradition that is so widely regarded in this community," he said.

Albright is the director of Blast, but during the show, he will conduct the orchestra. "I may also 'tinkle the ivories' a bit during the show too."

Schnapp started as a member of a tech crew at Blake High School and graduated from Temple University. "I'm very excited to be tech director of Blast," he said. "It's going to be an outstanding production."

This year's "Blast 25: Mixtape" will include 130 students as members of the cast, orchestra and tech crew. Senior Amy Dalrymple (soloist for "Moves Like Jagger" and "Heat is On") is thrilled with the production. "It's been really refreshing to have a new director who has different ideas and methods. I am so fortunate to have had the experience of working with two wonderful choral teachers. Both



**Yasmin Zand, Annie Frentsos, Jackie Spang (soloist) Lydia Frentsos and Maddie Krueger sing "Beautiful Day" by U2.**

### Details

"Blast 25: Mixtape" will be performed Friday and Saturday, Feb. 21, 22, 28 and March 1 at 7:30 p.m. and Sunday, Feb. 23 at 2:30 p.m. Tickets are \$20 (\$15 for balcony seats and Sunday matinee seats.) Advance tickets can be purchased online at [www.wchsarts.com](http://www.wchsarts.com) or in the lobby box office outside the Bish Auditorium, 11300 Gainsborough Road. The box office will open one hour before each performance. For group sales, email Albright at [Matthew\\_D\\_Albright@mcpsmd.org](mailto:Matthew_D_Albright@mcpsmd.org).

choreographer. "I've never had the chance to choreograph before, and I am really enjoying the learning experience." Settlege said.

Ninth grade student, Alex Scott (back-up and cast member) decided to try out — and, to his own surprise, was selected. "Once I auditioned and was chosen I said, 'Oh no — now I really have to do this!'" He is enjoying making new friends with the other cast members.

Sophomore Natalie Hwang (soloist "Any Way You Want It") agrees. "I couldn't believe it when I auditioned and was chosen — then became a soloist. I wouldn't even look at the cast list but then friends came

up to me and asked me if I was excited. I am thrilled. Everyone is so supportive and friendly — and no one cares what grade you are in." Student producer, cast member and soloist Maddie Krueger said, "The cast is like a family. We take care of one another and have each other's back. This is my last year in Blast; I will really miss it next year when I'm in college."

Mr. Barillo and Mr. Albright have taught me so much." Dalrymple has taken dance since she was two years old and is one of the student choreographers for the show.

Senior Adam Settlege (soloist for "Haven't Met You Yet") agrees with Dalrymple. "There's been a lot of opportunity for self-expression and the freedom to be artistic." Settlege has also been serving as a student



### Cleaning Up

**Rebecca Long arrives at the River Center at Lock 8 and Fletcher's Cove once a month to help clean along the river. The Potomac Conservancy hosts regular stewardship activities to pick up trash, prune vegetation, and remove invasive plants.**

**John Sahin volunteers Saturday, Feb. 8, to clean up the banks of the canal and river.**

PHOTOS BY  
DEBORAH STEVENS/THE ALMANAC



**Jacelyn and Jack Roberts lend their hands to the effort as well.**

# POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac  
A Connection Newspaper

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

1606 King Street  
Alexandria, Virginia 22314

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Potomac Almanac is published  
by Local Media Connection LLC

Five Time First Place  
Award-Winner  
Public Service  
MDDC Press Association

Four Time  
Newspaper of the Year  
An Award-winning Newspaper  
in Writing, Photography, Editing,  
Graphics and Design

## PEOPLE

# The Secret to Lasting Love

Three local  
couples share  
their secrets to a  
happy marriage.

BY MARILYN CAMPBELL  
THE ALMANAC

Valentine's Day is two days away. During this time filled with love and romance, three Potomac couples reflect on their relationships and what has kept their marriages strong.

### JILL AND JOHN PHILLIPS: The Animal Lovers

Long-time residents Jill and John Phillips met on a blind date and were married less than two months later. The couple will celebrate their 30th wedding anniversary next month.

"I knew what I was looking for and [we] weren't young whipper-snappers," said John. "We were beyond the 18- and 19-year-old infatuation stage. I was 33 and Jill 30."

When they met, Jill and John were captains in the Army, stationed at the Presidio in San Francisco, which was then an active military base. One of John's superiors set them up on a blind date.

"The colonel said, 'We have to find you a girlfriend. What are you looking for?'" John recalled. "I told him I wanted someone who was tall, slender, athletic and who didn't smoke."

John met Jill the next weekend. With the colonel involved, he didn't have much of a choice, but John was attracted to the graceful way Jill carried herself. "She was happy, outgoing, she could hold a conversation better than most people her age," he said.

Jill was attracted to John's humor, intellect and height. "He's taller than I am and a lot of guys aren't," she said, noting that she's just under 6 feet, while John is 6 feet 4 inches tall.

John joined Jill on a cross-country move and their love blossomed along the way. They were married less than one month later — in March 1984 — the two had a second, more formal wedding June 2, 1984 on California's Treasure Island — and soon started a family. In fact, they had five children — including a set of twins — in just five and a half years, while both remained on active duty.



COURTESY OF JILL AND JOHN PHILLIPS

**Jill and John Phillips were married less than two months after meeting. They celebrated their 30th wedding anniversary recently by taking a cruise. Jill describes John as "one of the greatest guys on the planet."**

Jill becomes emotional when asked about her love for John and the longevity of their marriage. "I married John because he is one of the greatest guys on the planet," she said. "He is a hard-working, solid citizen with a clear set of values and ethics. He is always thinking of the other person and his most commonly used phrase is: 'How can I help?' He is always thinking about others and how he can make things better for them."

The animal-loving couple retired from the military and started their own business, Squeals on Wheels: Petting Zoo. Jill says that her marriage to John has been filled with adventure, including appearing on 'Wife Swap,' "bringing our animals

to National Geographic Headquarters in D.C., and having the team from Animal Planet's 'Too Cute' television show filming here ... for three days."

Jill and John are active members of the Potomac community. "We set up a petting zoo on Potomac Day and also do pony rides," said Jill. "We're usually in the parade."

Jill serves on the board of directors for the Potomac Chamber of Commerce and is an active member of the Potomac Community Village, an organization dedicated to helping people age in place. The couple also participates in the West Montgomery Citizens Association and were active in the Brickyard Coalition, an organization of civic groups and private citizens formed to oppose a soccer complex in Potomac.

Last week, they celebrated the day they met, Feb. 7, with a trip to the National Zoo to see the newest giant panda cub, Bao Bao.

They agree: Its activities like these that keeping their marriage fun. "We have a lot of shared in-

**"Love has kept us together. We love each other very much. We have a sense of humor with each other. We're honest with each other."**

— Rose Kress

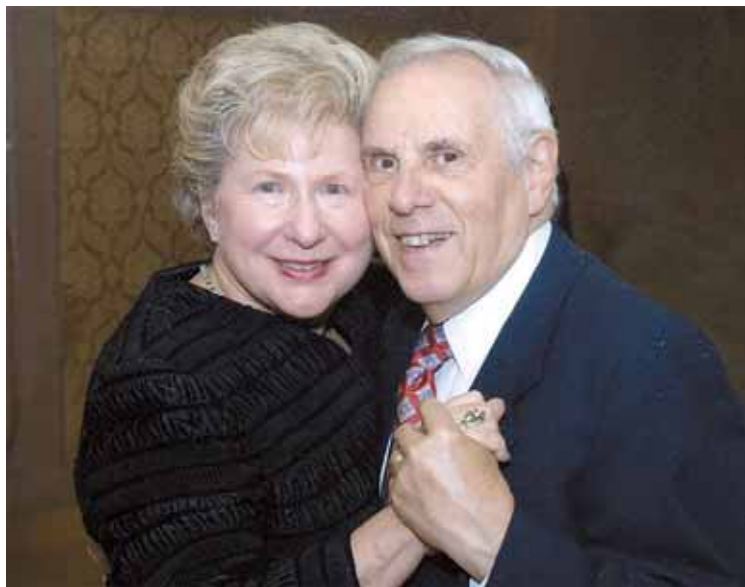


PHOTO BY MICHAEL KRESS

**Rose and Scheldon Kress have been married for nearly 59 years and say they are very much in love and fortunate to have a close-knit family of children and grandchildren.**

terests," said Jill. "We go on walks and exercise together. We enjoy our kids together. We have a lot of shared views. We're close in age and we're from the same part of the country."

### ROSE AND SCHELDON KRESS: The almost high-school sweethearts

Rose and Scheldon Kress met at Scheldon's prom at Theodore Roosevelt Senior High School. They were attending the dance with different dates, but never forgot each other's faces.

The Washington, D.C., natives met again at another dance, this time at the Jewish Community Center in D.C. "We recognized each other," said Rose, who attended Central High School (now Cardozo Senior High School). "We started dancing and then we started dating."

Later, Scheldon made a prediction about the future of their relationship. Rose remembers the date. "On Feb. 6 he told me that I was going to marry him. He said, 'It will take time, but you will marry me.'"

Scheldon's prognostication skills proved to be accurate and he and Rose were married June 19, 1955. "Coincidentally, it was the same day as his high school prom when I met him," said Rose. "I was 22. He was 24. He was in medical school at University of Maryland and I was a school teacher in D.C."

Rose, now 80, said her mother warned her that being married to a doctor would not be easy. "I knew what I was getting into," she said. "He is brilliant in medicine and I respect his intellect. He's devoted to his patients and the practice of medicine. When he was at home, he was devoted to our family, but our children understood that when the phone rang he had to tend to his patients."

Rose acknowledges that it has not been easy, but they always managed to keep their marriage and family fun and exciting. "He worked constantly. He had to work to pay his medical school tuition," she said. "But we did things together. We always traveled and took our children. We went on ski trips, snorkeling trips. We took our children everywhere and we developed a closeness with our children."

This summer, Rose and Scheldon, who have lived in Potomac for 40 years, will cel-

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WWW.CONNECTIONNEWSPAPERS.COM

## PEOPLE

# Sharing Secrets To Happy Marriages

FROM PAGE 4

celebrate their 59<sup>th</sup> wedding anniversary. When asked what has sustained their marriage, Rose is quick to say, "Love has kept us together. We love each other very much. We have a sense of humor with each other. We're honest with each other. He's very compassionate and very understanding and he respects me."

Scheldon, 83, who now works as a medical officer for the Food and Drug Administration adds, "I picked a partner to share life's journey. I really picked well. Rosie has been the perfect soul mate. Being married to Rosie almost 59 years is still not being married long enough."

And even after 59 years, they still find their marriage exciting. "We do everything together," said Rose. "We go to concerts at Strathmore. ... Whatever he's reading or writing, he'll share it with me and I'll do the same."

Rose says the high point of their marriage is now. "Our entire marriage has been a high point. Look at what we've accomplished, and we did it on our own. We're still alive. In May, we're going to one of our grandchildren's college graduation. How lucky are we that we're able to go to our grandchild's college graduation?"

### ELIE AND TED CAIN: Second-chance love

Elie Cain, a long-time supporter of the Potomac Theatre Company, Inc., was searching for a set prop one day and not only found a prop, but also a husband.

"We were doing [the musical] 'Fiddler on the Roof' and needed an old-fashioned wheel barrel," said Elie.

Ted, a former mechanical engineer, happened to have one and



FILE PHOTO

**Elie and Ted Cain have been married nearly 13 years. They met through Elie's work with the Potomac Theatre Company.**

Elie went to his home to pick it up. "When Elie came over, we started talking and she suggested that I see the show," said Ted, a widower at the time and father to five children.

Elie and Ted got to know each other at the show and made plans to get together another time. "About the second or third time I met her, I realized I was in love with her," said Ted, who is 93 years old.

It took Elie a bit longer. "I had been on my own for so long and I was very active in the community," she said. "But finally one day, my mother said, 'Who is this boyfriend of yours people are talking about?' She was so happy that I'd found someone."

Ted and Elie's relationship began to blossom. "We'd go for walks together, or take a day and go somewhere. I have a boat where we'd go down to the Bay together."

On June 25, 2001, the couple married. Elie, who is 75 years old, says the couple's age difference is not an issue. "It doesn't matter," she said. "We're in our 13th year

of marriage together and we love gardening together and painting. He's always making me things."

Ted is from Massachusetts originally and Elie has spent her life in Potomac. "Not too long after I was born, my father came to this place way out in the country called Potomac," she said. "He looked at this run down farm and he decided to buy it. Our family moved to Potomac then and I've been here ever since. I've never moved more than 50 yards during my entire life."

Elie is proud of her roots and grateful for Ted's support.

"If there is anything that is happening in Potomac, I've been a part of it," she said. "I've lived here my whole life and it's my life's work. I'm active with the Chamber of Commerce and I'm in charge of Potomac Day. People often introduce me as the unofficial mayor of Potomac, and that is fine with me. I don't have to raise money and they can't kick me out of office. I am lucky to have a husband who does all these things with me."

### LETTER TO THE EDITOR

## Retail's Role in Quality of Life

To the Editor:

Our quality of life, even in Potomac, continues to deteriorate as yet another retailer folds.

The most recent victim was the closing of Toys Unique after 20 years in the Village. One store after another has closed over the past decade and the closure rate continues to go through the roof. Businesses closing and new ones opening is a normal, healthy cycle. However vacancies are becoming harder and harder to fill (e.g., Hamburger Hamlet) and worse yet the new businesses are just banks and Realtors. Landlords in areas where retail space is limited owe it to their communities

to maintain a healthy mix of businesses. It should not be sufficient to be one of the fortunate investors who had the connections to buy some of the very limited amount of retail space. Local governments owe it to the community to make it clear that if landlords can't do right by the community, then they will facilitate zoning of additional retail space. And, speaking of poor oversight by government entities, I would suggest that one of the reasons that gasoline prices are so high in Montgomery County is due to permitting Exxon to acquire Mobil years ago without divesting itself of some of the gas stations that enable Exxon to avoid significant competition.

**David Epstein**  
Potomac

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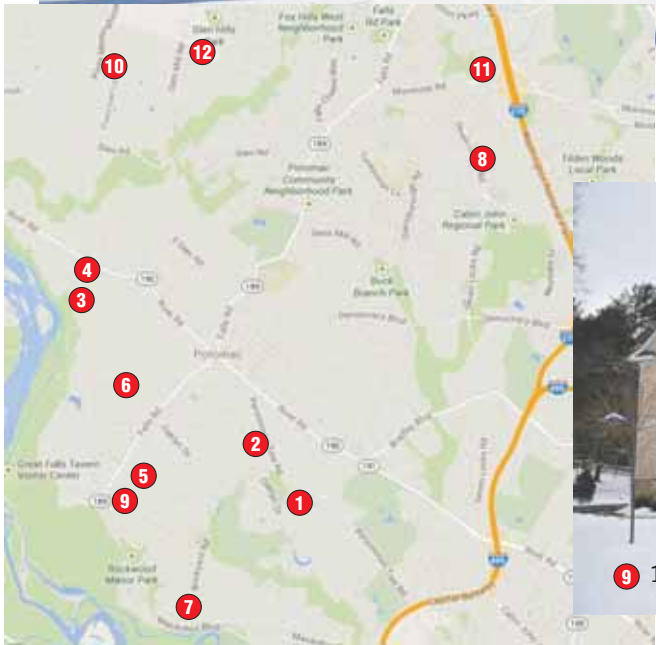
PHOTOS BY DEB STEVENS/THE ALMANAC

## Top Sales in November and December, 2013

IN NOVEMBER 2013, 34 POTOMAC HOMES  
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AND 48 POTOMAC HOMES SOLD BETWEEN  
\$2,198,000-\$453,500  
IN DECEMBER 2013.



**11 7810 Pearson Knoll Place — \$1,265,000**



**3 11225 River View Drive — \$2,000,000**



**9 10916 Chandler Road — \$1,467,500**



**7 10405 Bridle Lane — \$1,525,000**



**12 12524 Grey Fox Lane — \$1,255,000**

Address .....	BR .	FB .	HB ..	Postal City ..	Sold Price .....	Type .....	Lot AC .	PostalCode .....	Subdivision .....	Date Sold			
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# Home LifeStyle

## Home Design: What the Pros Know

A look inside the homes of some of the area's top builders.

BY MARILYN CAMPBELL  
THE ALMANAC

**R**emodeling industry professionals spend their days helping clients create dream homes, adding quartzite counter tops and outdoor, stacked stone fireplaces, turning ideas and photos into functional, chic living spaces.

But what about their homes? What materials do they choose for themselves? How do they make the most of their living spaces? Three local professionals from BOWA Builders, Inc. opened their doors and shared the secrets of their renovations.

When principal and owner George Hodges-Fulton and his wife, Alexandra, decided to remodel the galley kitchen in their Reston, Va., home, they decided to expand and change the flow of traffic, keeping the safety of their 6- and 10-year-old daughters in mind.

"We wanted to open the house up more," said George Hodges-Fulton. "We took out a wall between kitchen and the dining room."

Alexandra Hodges-Fulton, a serious cook, added, "The sink and the stove were across from each other. Now the sink and the stove are next to each other, so I don't have to walk across the kitchen carrying hot pasta."

The new kitchen also includes additional counter space. "I have more prep space," she said. "And everything I need is within arm's reach."

When it came to choosing finishes, "everything came from wanting to work with the [existing maple] floor," said George Hodges-Fulton. "We wanted to choose classic colors that weren't going to go out of style."

"I spent a huge amount of time looking at pictures of kitchens," said Alexandra Hodges-Fulton. "We added white Carrara marble countertops. ... We added a marble backsplash in a black, white and grey circular mosaic. That's the thing that everybody comments on when they come into the kitchen."

The project took a mere five weeks to complete. "Everything happened perfectly," added



PHOTO COURTESY OF BOWA BUILDERS, INC.

**Enclosing the top of a two-story foyer in his Potomac home eliminated an unused space and gave building professional Steve Kirstein, his wife and children a second-floor family room.**

George Hodges-Fulton. "Having on-site supervision and knowing the end goal helped."

He says that having undergone his own renovation project, he now has additional insight when advising clients. "It makes a significant difference," he said. "We can say 'In my house I did this.' or 'I did this wrong in my house, so you might consider this.'"

When principal and owner Steve Kirstein first moved into his Potomac home with his wife and three children, he spotted several missed design opportunities. "We needed some of the spaces to do different things," said Kirstein. "We wanted a family gathering space and a display space upstairs."

The home had a two-story foyer, which Kirstein saw as the perfect location for a second floor family room. He said, "Now it's a gathering space for the family upstairs and we still have a dramatic foyer downstairs."

Next, Kirstein turned what he called, "a big wasted space" adjacent to the garage into a mudroom. "We put a cubby and drawer for each child and a bench for taking off shoes. We added a half wall across from the cubbies so you can't see all of the cleats and lacrosse sticks all over the floor. We also added a powder room."

Kirstein also transformed his backyard into an oasis. "We added a pool and entertaining

area," he said.

Founder, chairman and owner Josh Baker grew up in Great Falls, Va., and when it came time to raise his family, he remained there. He even built a custom home where he plans to live long-term. "A lot of planning went into the future," said Baker. "The concept behind it was we would create a fun space for our children that their children could eventually enjoy."

He advises his clients to similarly plan ahead and think about how their needs might evolve. "To make it a long-term home is to not think about just what you need now, but what you might need in the future," he said. "We designed a

guest suite on the first floor with the idea that my wife and I could live on one floor once we're empty nesters." There is enough space for friends and extended family.

Baker's experience as a builder helped him decide on the room sizes and layout of the house. "In terms of design, a lot of our house has a focus on lines of sight, informality and lots of light. ... On our first floor, there are no partition walls in the common area."

The rooms in the house are generous and comfortable and space was used wisely, Baker said. "We focused on the feeling and functionality of the room rather than the size of the room," he said. "None of the rooms are oversized, but they are functional."

Wise use of space is another lesson he shares with clients. "At one time, bedrooms with sitting rooms were very popular," said Baker. "But ... a lot of our clients don't use them so we're repurposing those spaces. In our master bedroom, for example, we focused on walk-in closets. Even our master bathroom is spacious, but it is not vast."

The Bakers designed their outdoor landscape to accommodate their penchant for relaxed entertaining. "We're informal folks," said Baker. "We like to entertain, so we developed our landscaping to include an expansive entertaining area and a swimming pool."

## LET'S TALK Real Estate



by Michael Matese

### Skylight Choices: Fixed, Vented or Tubular?

A skylight is a day lighting option that adds interest, uniqueness, beauty and energy efficiency to any home. There are a number and variety of choices available when it comes to design and material. One aspect that homeowners considering the addition of a skylight may want to weigh is the type of skylight they want for their home's lighting, aesthetic and energy goals. Three key things to examine are fixed skylights, vented skylights, and tubular skylights. Each option has benefits and drawbacks, so homeowners should investigate the options before making a decision. Licensed contractors can provide more information on these options and help homeowners choose the right type of skylight for the long-term goals of the residence. The fixed skylight is integrated as a permanent element of the building. The main advantages of a fixed skylight are that they are easy to install and thus are less costly than other types of skylights, require little maintenance, are less susceptible to leaking or other skylight hazards and are highly energy efficient because of their tighter sealing. Potential drawbacks are difficulty in ventilating rooms and tedious cleaning, due to the fact that the interior and exterior of fixed skylights must be cleaned separately. Operable skylights are opened and closed according to preference, by electric, solar-powered or manual means. Operable (or vented) skylights provide homeowners more flexibility, allowing the skylight to be opened to any desired degree at the user's discretion, providing less reliance on electric means for lighting, cooling and ventilation of an area. Operable skylights that are manually or solar powered contribute doubly to the lowering of the homeowner's power bill. Additionally, operable skylights are easier to clean, as both the interior and exterior may be cleaned from either side. Vented skylights, do, however, require more maintenance than fixed due to the wear-and-tear on the moving mechanical components, which over time will require repair and replacement. The frequent opening and closing of operable skylights also require regular lubrications for hinges to work properly. Finally, operable skylights can accidentally be left open or can require quick action on the homeowner's part when unexpected rains appear! Tubular skylights are the most popular choice for small spaces like bathrooms and hallways; once installed, this choice often looks more like a modern light fixture than a traditional skylight. Tubular skylights are flexible tubes running between the ceiling and the roof, thus eliminating the need to build a tunnel. As such, this type of skylight neither raises nor lowers. A reflective material lines the inside of the tube, collecting sunlight from the origin of the tube and bouncing it through the length of the tube to the termination point, where natural light is diffused. The diffusion of sunlight through the tube structure protects interior carpets and furniture from becoming bleached out, as the natural light reaching them is indirect. So you've decided on a skylight—now meet with a licensed contractor to decide what kind. Fixed, vented or tubular—the choice is yours, when letting a little light into your home!

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# Churchill Boys Beat Blair with 3-Point Barrage

**Bulldogs execute first-year coach Bean's offensive strategy.**

BY JON ROETMAN  
THE ALMANAC

**W**hen Robert Bean took over as Churchill boys' basketball coach this season, he installed a drive-and-kick offense intended to burn opposing defenses from the perimeter.

Early in the season, the Bulldogs struggled to a 1-6 start and were 5-11 entering the month of February. But a pair of recent victories, including a 20-point win against Blair that showed Churchill's 3-point shooting potency, have the Bulldogs poised to make a run with the postseason approaching.

Churchill knocked down 13 of 33 3-point attempts against Blair on Feb. 7 and beat the Blazers 67-47 at Churchill High School. Blair entered the contest with a 13-1 record, but Churchill shot its way to a 23-8 first-half advantage and outscored the Blazers 23-10 during the final nine minutes of the contest.

"We kept kicking it in and out, getting our shooters the ball and just knocking them down," Churchill junior Jesse Locke said, "like how we do in practice."



**Robert Bean is in his first season as Churchill boys' basketball coach.**

Locke finished with 15 points and made four 3-pointers. Churchill led 52-39 with less than six minutes remaining in the fourth quarter, when Locke made back-to-back shots from behind the arc to extend the Bulldogs' lead to 19.

Churchill led by as many as 23 points in the second half.

"Out of those 33 [3-point attempts], I'd say 30 were good shots," said Bean, a former Magruder assistant. "And that's the

key to what we're trying to teach — taking good shots. ... This is absolutely what we're looking for. We've had some struggles this year — big time. It's nice to see, especially tonight against a really good team in Blair, to be able to run our offense and it is what's it's supposed to look like."

Churchill captains Allen Njumbe and Bobby Arthur-Williams each had big nights, as well. Njumbe, a senior guard, led Churchill with 21 points and knocked down five 3-pointers. After a 12-1 Blair run cut the Churchill lead to four late in the second quarter, Njumbe beat the halftime buzzer with a 3-pointer.

"We came into the game," Njumbe said, "thinking we were going to win."

Bean praised his sharpshooting guards. "Jesse, he is a pure shooter," Bean said. "His jump shot is great and if he's open, he's gonna knock it down at a high percentage. Allen brings a little more of an attack-the-basket mentality and skills. They're both just really solid, all-around players."

Arthur-Williams scored 19 points, including a pair of 3-pointers, and grabbed nine rebounds.

"He's our glue," Bean said. "He does it all."

Three days earlier, Churchill beat Whitman, 54-50. After beating the top two teams in the 4A South division, the Bulldogs improved to 7-11 with four regular-season games remaining.

"I definitely think," Locke said, "we're gaining momentum."

Churchill faced Walter Johnson on Tues-



**Churchill junior guard Jesse Locke scored 15 points and made four 3-pointers against Blair on Feb. 7.**

day, after The Almanac's deadline. The Bulldogs will host Bethesda-Chevy Chase at 5:15 p.m. on Friday, Feb. 14.

"It's been great," Bean said of his first year at Churchill. "It's been very rewarding. [It has been] challenging, we've had some injuries, we've had some suspensions, but when we have our full team here, it is a little bit easier to coach."

## Churchill Girls Continue Second-Half Surge

BY JON ROETMAN  
THE ALMANAC

**B**lair senior Debbie Olawuyi was a force in the paint during the first half of Friday's matchup against the Churchill girls' basketball team to the point that Bulldogs head coach Kate McMahon knew something had to change.

"Honestly, we said at halftime we had to shut down No. 34 and it was going to take boxing out," McMahon said. "I went with one of my smaller players, but one of my hardest-working hustle players, Katherine Michael, and she had a tremendous game. She had a tremendous game and an even better second half."

Thanks in part to Michael's effort, Churchill forced a turnover on Blair's first three possessions of the second half and opened the third quarter with a 9-0 run en route to a 60-51 victory on Feb. 7. The win was Churchill's seventh in nine games and improved its record to 10-8.

"In January, we had some players come back who had been injured," McMahon said. "... We've just been [picking up] the defensive effort. I think Katherine Michael and Alex Votaw have done a lot to bring

the defensive energy. ... Japria [Karim-Duvall] has been rebounding tremendously, even with her offensive effort. Just little things that each person can add, it's starting to jell at the right time.

"You want to be where you're strongest in February."

Michael also had a strong game at the offensive end against Blair, finishing with 10 points. Nicole Brodkowitz led the way for Churchill with 16 points, Karim-Duvall scored 12 and Votaw added 11. Izzy Wu finished with seven.

"Nicole had a great game," McMahon said. "She started the season a little bit slow on her shot but we've been working with her, just spot up spot up." Churchill has turned its season around after losing to Blair in overtime to open the 2014 portion of its schedule. The Bulldogs responded by winning their next five games and seven of their next nine. Churchill faced Walter Johnson on Tuesday, after The Almanac's deadline. The Bulldogs will host Bethesda-Chevy Chase at 7 p.m. on Friday, Feb. 14.

"We can make a great run in February, I really do believe that," McMahon said. "We've had some tough losses, but they've also been really close losses. We're ready."



**Churchill's Izzy Wu goes up for a shot against Blair on Feb. 7.**



**Churchill's Katherine Michael scored 10 points against Blair on Feb. 7.**

# Megaformer Transforms Pilates Workout

FROM PAGE 2

definitely an atmosphere of support and inclusivity. Even though it was my first time using a Megaformer, I didn't feel singled out. All of the other participants in the class were so supportive and friendly. It really felt like we were 'in this together.' The studio itself is very warm and inviting. I smiled at all of the thoughtful little touches of hospitality, from the mints and hair ties in the bathroom to the coat hooks and storage cubes in the studio."

A variety of classes are offered four or more times daily on both weekdays and weekends. Each is limited to 10 students per class. The "Megaformer Class for New Clients or Clients with Injuries" is an introductory, slower-paced class which increases strength and flexibility while engaging all parts of the body. Farber's 60 Minute "Mega Megaformer Workout" is a "no holds barred" advanced class that challenges the body with a fast-paced routine that increases muscle burn and leaves one in a sweat-drenched finish. The "Megaformer Pilates Workout for New and Expectant Mothers" offers prenatal and postnatal classes to keep one strong during and after pregnancy — and also to help get back to original pre-baby weight and strength. The studio is planning to add teen classes and is looking forward to offering special group events, such as birthday parties, corporate team-building events and other types of group activities.

Client Eva Kanupke is exhilarated: "As a Blackbelt, I love a challenging workout, but I don't love the pain I'm left with after high impact exercise. That's why Sculpt Studio's Megaformers are ideal. In 50 minutes I achieved a full-body workout that pushed every muscle to its limit, while remaining easy on my joints. Most of all it was fun. I can't wait to go back - I'm hooked."

Sculpt Pilates Studio is located at 4900 Auburn Ave., Bethesda. To sign up for a class, call 240- 600-0730 or go online: [www.sculptpilatesstudio.com](http://www.sculptpilatesstudio.com) and click on "Get Started."

**Danielle Tate in the Sculpt Pilates Studio.**



Mary Farber on the Megaformer exercise machine.



PHOTOS CONTRIBUTED

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto: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](mailto: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.ParkPASS.org](http://www.ParkPASS.org). A complete list can be found at [www.MontgomeryParks.org/camps](http://www.MontgomeryParks.org/camps), 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](http://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.

### THURSDAY/FEB. 13

**Forever Yours: A Valentine's Day Workshop.** 6:30-8 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](http://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.

### WEDNESDAY/FEB. 19

**Health Talk.** 1-3 p.m. at Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Learn how the eye can be a window into the health of your heart. Free. Free blood pressure and glaucoma screenings by appointment. 240-777-8085.

### THURSDAY/FEB. 20

**Talk.** 7:30 p.m. at Potomac Community Center, 11315 Falls Road. Learn how to help older residents stay in their homes safely. "Memory vs. Aging: Are We Losing the War?" Free. Visit [village.org](http://village.org) or 240-221-1370.

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Email community entertainment events to [almanac@connectionnewspapers.com](mailto: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](http://www.artglasscenteratglenecho.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.innervisionglassworks.com](http://www.innervisionglassworks.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.glenechophotoworks.org](http://www.glenechophotoworks.org).

**Art Exhibit.** See "so much depends" through 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](http://www.glenechophotoworks.org) or 301-634-2274.

**Art Exhibit.** See "Evidence of Civilization" 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. Through March 9. Tickets can be purchased at [www.adventuretheatre-mtc.org](http://www.adventuretheatre-mtc.org) or 301-634-2270.

**Art Exhibit.** See Pam Rogers' work in "Tokens and Sentiments," to coincide with the Valentine's season. Located at Capitol Arts Network's Urban by Nature Gallery, 12276 Wilkins Ave., Rockville. Runs Feb. 7-26. Free. Visit [www.capitolartsnetwork.com](http://www.capitolartsnetwork.com) or 301-661-7590.

**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](http://www.pgip.org) for more.

**Theater Performance.** From Feb. 5-March 16, see "Rumpelstiltskin" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 5-10. ASL interpreted performance on Feb. 23 at 4 p.m. Tickets start at \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660 for tickets.

**Theater Performance.** See "Sleeping Beauty" 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 Feb. 13-March 23. \$10. Recommended for children in grades Pre-K-grade 6. Visit [www.thepuppetco.org](http://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 Saturdays and Sundays from noon-6 p.m. Runs Feb. 15-March 16. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2222.

**Art Exhibit.** See "Love is in the Air" at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Exhibit runs Feb. 21-March 31. Features images from more than 35 amateur and professional photographers living and working in the Washington Metropolitan Area. Hours are Saturdays 1-4 p.m. and Sundays from 1-8 p.m. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

## WEDNESDAY/FEB. 12

**Music Performance.** 7:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. Artist in residence Nistha Raj will perform on the Hindustani classical violin. \$17/person. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## THURSDAY/FEB. 13

**Guitar Passions.** 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Features Sharon Isbin, Stanley Jordan and Romero Lubambo. \$29-\$70. Visit [www.strathmore.org](http://www.strathmore.org).

**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](http://www.capitalblues.org) for more.

## FRIDAY/FEB. 14

**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](http://www.glenechopark.org) for more.

**Sweetheart Skate.** 8-10 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. \$6.50 includes skate rental. Visit [cabinjohnice.com](http://cabinjohnice.com).

**Valentine's Day Concert.** 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Marcus Johnson and the Urban Jam Band will perform. \$26-\$60. Visit [www.strathmore.org](http://www.strathmore.org) for more. A pre-concert dinner will be at 6 p.m. for \$95/person. Call 301-581-5220 for reservations.

## SATURDAY/FEB. 15

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Clowning Around," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org).

**Dog Training.** 10-11:30 a.m. at St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Read and discuss "Scaredy Dog! Understanding & Rehabilitating Your Reactive Dog." Free. Visit [yourdogsfriend.org/free-workshops](http://yourdogsfriend.org/free-workshops) or 301-983-5913.

**Free Guided Tour.** Noon-4 p.m. at Josiah Henson Park, 11420 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](http://www.historyintheparks.org).

**Show.** 6 p.m.-2 a.m. at 2375 Lewis Ave., Rockville. Fuse Box will be one of the bands that performs in "4 the Love of Rock." \$10/person or \$20/BYOB per person. Visit [www.facebook.com/events/213767218814762/](http://www.facebook.com/events/213767218814762/) for more.

**One-Woman Show.** 8 p.m. at Bethesda Blues & Jazz, 7719 Wisconsin Ave. Gia Mora will perform "Einstein's Girl." \$25. Visit

# Find the Perfect Entertainment

## Pulling together the right experts.

BY SUSAN BELFORD  
THE ALMANAC

It's time to plan your child's Bar or Bat Mitzvah — and all you can think about is how to make it unique — and how to keep a party full of 12 and 13 year olds happy? Or your daughter has just become engaged. How do you locate a photographer? Shall you go with a band, DJ or combo? Or perhaps it is your husband's birthday and you want to throw him a party with his favorite type of music — a bluesy jazz pianist. It's difficult to know where to go and to figure out all the details — as well as to feel secure in your choices.

Potomac's Marcie Robinson is the expert to contact for help in booking entertainers, bands, photographers, videographers, DJs, emcees, party motivators, lighting specialists, novelties and more. She works for Washington Talent Agency — and offers personal knowledge, experience and follow-up service to help make the perfect choices at no additional cost to her clients.

"I enjoy helping people who are setting up their celebrations," Robinson said. "I want to make certain that my clients know what's available and that I can match them up with exactly what entertainment and type of evening they are looking for. I want them to be thrilled with their event — and not be saying 'If only I had ...' after the event is over.

"We have entertainment for every budget. We also have a wide variety of novelty acts



PHOTO BY SUSAN BELFORD/THE ALMANAC

Marcie Robinson

Robinson believes that the best way to judge a band or entertainment is to see them perform. "It's so important to meet them, talk with them and to feel perfectly comfortable with the emcee and the rest of the performers." Washington Talent Agency holds monthly band showcases in its Rockville studio or Robinson sets up one-on-one meetings for her clients with potential acts.

Robinson gives insight into how to learn about available entertainment for Bar/Bat Mitzvahs in the area: "Washington Talent Agency is holding a free party called 'Mitzvah Madness' for everyone who is planning a Bar/Bat Mitzvah. This helpful event will be held at B'Nai Shalom in Olney, Md. on Monday, March 17 from 6 – 8:30 p.m. They are also planning to host another 'Mitzvah Madness' event in the Potomac area in May."

## Details

Contact Marcie Robinson at [Marcie@WashingtonTalent.com](mailto:Marcie@WashingtonTalent.com) or 301-919-1023.

[www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com) or 240-330-4500 for tickets. Visit [www.giamora.com](http://www.giamora.com) for more.

**Play in A Day.** 8 p.m. at Imagination Stage, 4908 Auburn Ave., Bethesda. Six local theatre companies will write, direct, rehearse and perform original plays based on similar themes. \$15. Visit [www.bethesda.org](http://www.bethesda.org) for more. Remaining tickets sold at the door at 7 p.m.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Bitter Dose Combo and Johnny Boyd Band. \$20. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## SUNDAY/FEB. 16

**Waltz Dance.** 2:45-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by MacArthur Boulevard. \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.

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

**Contra Dance.** 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Lars Prillaman and the Brothers Metz provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Newport Jazz Festival.** 7 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Hear jazz music featuring clarinetist Anat Cohen. Tickets are \$19-\$57. Visit

[www.strathmore.org](http://www.strathmore.org) for more.

## MONDAY/FEB. 17

**Author Signing.** Potomac resident Heath Suddleson will discuss and sign his book "The Attitude Check: Lessons in Leadership" at One More Page Books, 2200 N. Westmoreland St., #101, Arlington. Free. Visit [www.onemorepagebooks.com](http://www.onemorepagebooks.com) or call 703-300-9746.

## WEDNESDAY/FEB. 19

**Book Club Event.** 7 p.m. at Carver Educational Services Center, 850 Hungerford Drive, Rockville. MCPS Superintendent Joshua Starr will discuss "Making Hope Happen" by Dr. Shane Lopez. Free. The author will discuss the book and take questions from the audience. RSVP to [pio@mcpsmd.org](mailto:pio@mcpsmd.org).

**Dance Performance.** 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. The Krasnoyarsk National Dance Company of Siberia will perform. \$29-\$70. Visit [www.strathmore.org](http://www.strathmore.org).

## THURSDAY/FEB. 20

**Third Thursday Event.** 7-9 p.m. at Visarts, 155 Gibbs St., Rockville. Enjoy poetry readings, music, gallery talks, wine and more. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Music Performance.** 7:30 p.m. or 9:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. The Lomax Project features Jayme Stone on banjo, Bruce Molsky on vocals and fiddle, Julian Lage on

guitar and Margaret Glaspy on vocals and guitar. Tickets are \$28. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**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](http://www.capitalblues.org) for more.

## FRIDAY/FEB. 21

**Theater Performance.** 7:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$20 or \$15/balcony seat. Advance tickets can be purchased online at [www.wchsarts.com](http://www.wchsarts.com), or in the lobby box office outside the auditorium.

**Music Performance.** 7:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. Paul Huang will perform on the violin and Jessica Osbourne on the piano. Tickets are \$30. Visit [www.strathmore.org](http://www.strathmore.org).

**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. Devine Comedy provides music. \$10/adult; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org).

**Music Performance.** 8 p.m. at Strathmore. Josh Turner will perform. \$29-\$79. Visit [www.strathmore.org](http://www.strathmore.org) for location and tickets.

**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](http://www.glenechopark.org) for more.

**SATURDAY/FEB. 22**

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Merlin's Magic," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org) for tickets.

**Free Guided Tour.** Noon-4 p.m. at Josiah Henson Park, 11420 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](http://www.historyintheparks.org).

**Spoken Word Poetry Event.** 2-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Share original poetry with the theme of "sounds of freedom." Free. Visit [www.historyintheparks.org](http://www.historyintheparks.org) for more.

**Reception.** 3-5 p.m., meet some of the artists of "Love is in the Air" at Photoworks Gallery in Glen Echo Park, 7300 MacArthur Blvd. Exhibit runs Feb. 21-March 31. Features images from over 35 amateur and professional photographers living and working in the Washington Metropolitan Area. Visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org) for more.

**Opening Reception.** 6-8 p.m., meet the artists of 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. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2222.

**Theater Performance.** 7:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$20 or \$15/balcony seat. Advance tickets can be purchased online at [www.wchsarts.com](http://www.wchsarts.com), or in the lobby box office outside the auditorium.

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Tom Cunningham Orchestra. \$18/person. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**SUNDAY/FEB. 23**

**Tiny Tots.** 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Merlin's Magic," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit [www.thepuppetco.org](http://www.thepuppetco.org) for tickets.

**Theater Performance.** 2:30 p.m. at Winston Churchill High School's Bish Auditorium, 11300 Gainsborough Road. See the production of Blast 25: Mixtape. \$15. Advance tickets can be purchased online at [www.wchsarts.com](http://www.wchsarts.com), or in the lobby box office outside the auditorium.

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

**Music Performance.** 4 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Hear the Count Basie Orchestra featuring New York Voices. \$35-\$65. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**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](http://www.glenechopark.org) for more.

**Contra Dance.** 7-10:30 p.m. at Spanish Ballroom, 7300 MacArthur Blvd. Dance to music by Froghammer. \$13/nonmember; \$10/member; \$5/17 and under. Visit [www.fsgw.org](http://www.fsgw.org) for more.

**WEDNESDAY/FEB. 26**

**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](http://www.thepuppetco.org) for tickets.

**Swing Dance.** Lesson at 7:30 p.m., dancing from 8-10 p.m. at Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Dance to music by Josh and Good Old Stuff. \$10. Visit [www.gottaswing.com](http://www.gottaswing.com) or 703-359-9882.

**Music Performance.** 7:30 p.m. in the Mansion at Strathmore, 10701 Rockville Pike. Artist in residence Nistha Raj will perform on the Hindustani classical violin. \$17/person. Visit [www.strathmore.org](http://www.strathmore.org) for more.

**Dance Performance.** 8 p.m. in the Music Center at Strathmore, 5301 Tuckerman Lane. Pilobolus will perform. \$27-\$67. Visit [www.strathmore.org](http://www.strathmore.org).

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I believe the future is only the past again, entered through another gate.  
-Arthur Wing Pinero

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## An Unexpected Present



By KENNETH B. LOURIE

Not that I minded it in the least (in fact, I appreciated it in the most), but I received my first senior discount the other day. I was fast-fooding at my local Roy Rogers restaurant when the unexpected kindness occurred. Considering that I'm not at the age yet when such discounts are typically available, I certainly did not (do not) presume that my appearance somehow reflects an age which I am not. In truth, I don't believe it does. So even though I didn't ask for the age-related discount, I was offered/given it nonetheless. As the cashier tallied my bill, she then spoke the price and adjusted it downward 10 percent for my surprise "senior" discount. On hearing the lower price and the reason for it, I immediately responded: "Oh, you're giving senior discounts to people over 40?" To which she replied, while looking me directly in the eye: "No. Over 30." Laughing at her quick-thinking quip, I thanked her again for the discount and commended her on her excellent answer/customer service.

Without making this too much a cancer column, a terminal diagnosis at age 54 and a half sort of means that certain realities, benefits and inevitabilities (if you live long enough, which after receiving my diagnosis/prognosis seemed unlikely) are off the table; heck they're likely on the floor waiting to be swept up and placed in the trash bin (been and gone, you might say). I refer generally to the kinds of things associated with turning 65: retirement, Social Security, Medicare, and of course, "senior discounts." After hearing what I heard, reaching age 55 seemed challenging enough.

To be honest though, and you regular readers know I'm honest, maybe painfully so; after receiving the incredibly discouraging and grim news concerning my diagnosis from my oncologist five years ago, I didn't really think about the parts of my life that I would be missing since my future was, at that point, seriously in doubt. If I recall, my mindset back then wasn't on the future I was losing because of my disease, it was more about the present that I was living and being as proactive as possible to try and live as long as I could. Moreover, given the rather morbid tone I was hearing from my oncologist, it sounded as if I'd be lucky to have a present, let alone a future. A "13-month to two-year prognosis" (out of the blue no less; I was asymptomatic and a life-long non-smoker) followed by an admission from my doctor that he can't "cure me, but he can treat me;" and a further reply to my wife Dina's query as to why there aren't any parades for lung cancer survivors, as there seem to be for breast cancer survivors: "Because there aren't any" (survivors that is) hardly reinforce a lung cancer patient's future prospects.

Yet here I write, nearly five years post-diagnosis, receiving the previously (given my life expectancy) unimaginable senior discount. And though there are likely fewer guarantees now and even less certainty for a stage IV, non-small cell lung cancer survivor five years out and still living, I don't discount the significance of any discounts. At this juncture, I deserve any I can get. Besides, I think I've earned them.

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

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