

WELLBEING

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# Potomac ALMANAC

Godmother Raina Weinberg and Cinderella Madison Sherman in Bravo Productions' upcoming "Cinderella" at Randolph Road Theater, Jan. 17 at 4 and 7:30 p.m.

## Presenting 'Cinderella' And 'Hairspray Jr.'

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PHOTO BY ERICA LAND

JANUARY 7-13, 2015

ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)



## News



PHOTO CONTRIBUTED

The Montgomery County Muslim Foundation team with volunteers on the holiday gift basket distribution on Dec. 20.

## Muslim Foundations Aids Needy

### Toys and meals distributed.

The Montgomery County Muslim Foundation (MCMF) made Christmas a special day for 300 Montgomery County needy residents. On Dec. 20, 2014, families arrived at the MCMF offices at 811 Russell Ave., Suite G in Gaithersburg to find baskets overflowing with fresh vegetables, chicken, stuffing and all the trimmings for a bountiful holiday dinner. The generosity of the MCMF lit up the faces of 164 children who received toys, bikes, dolls and games – and warmed up their families with sweaters, jackets and

suits. All the families left with words of gratitude for making the holidays a meaningful and wonderful time for their families. Sara Noor, president of MCMF said, “This event was made possible by the generous donation of time and money by a large number of volunteers and members of the Muslim community residing in Montgomery County.”

The party-like atmosphere included music, cookies and candy for the families and 20-25 young volunteers who created the welcoming spirit of the holiday.

To learn more about the Montgomery County Muslim Foundation, go to [www.mcmfmd.org](http://www.mcmfmd.org).

— SUSAN BELFORD

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## Market Celebrates Grand Re-Opening

**Crowds enjoy tastings, cooking demonstrations.**

BY SUSAN BELFORD  
THE ALMANAC

**"T**his re-opening is our family getting back together after being apart for six months. We are just so happy to be open again – and to be back together as a team," said Erika Torrey, customer service manager at The Market at River Falls.

General Manager Andrew Malinowski said, "We were disappointed when River Falls Seafood Market closed – but we are now exhilarated that we have been able to actually re-open in a timely manner. It's a great thing for the landlord, the community and the employees."

"We replaced everything," said Market owner Jim McWhorter. "We purchased all new equipment, added a new floor, painted and re-did the tile to make it a brighter, more open space. We will continue to improve on it."

Yasmin Abadian, McWhorter's wife and Market co-owner said, "The 'welcome back' from the community was truly heartwarming and we are so pleased that customers have been complimentary about the changes we have made, and the familiar concepts we have maintained. We want to make certain our customers have a wonderful experience when they walk through the door."

A crowd attended the store re-opening this past Saturday and Sunday. Besides demonstrating that they had kept much of the



PHOTOS BY SUSAN BELFORD/THE ALMANAC  
**Jamie Taff and Gale Saler enjoy the grand re-opening at the River Falls Market.**

original inventory, the Potomac team of Abadian and McWhorter brought in many local companies that the grocery will now carry. They provided tastings, cooking demonstrations and information about their products. Also featured was some of the cuisine offered at the market – their signature "Cadillac" crab cakes, chicken wings, fresh shucked oysters and sushi from Chef Rollei.

Most of the local companies providing tastings are from D.C., Virginia or other parts of Maryland. "Everyone was small at one time and we are happy to give them an opportunity to showcase their products," said McWhorter. Some of the vendors included JRINK cold pressed juices, Stachowski hand-crafted sausages, Manoli Canoli Olive Oil, Capital Kombucha natu-



**Ronald Logan, Erika Torrey and Andrew Malinowski are part of the team working again at River Falls Market.**

ral fermented teas, home-made pies, cookies and quiches from Whisked, Chloe's Soft-Serve Fruit Pops, and chocolates from Double Premium Confections. "We will feature gluten-free, vegan, organic, farm-fresh, natural and healthy foods and drinks which have not previously been sold in Potomac," said Abadian. "Many families have requested these, and we are pleased to be able to offer them."

Jamie Taff and Gale Saler, both from Potomac, were anxious to shop at River Falls Market again. "We are so excited that River Falls is open again. We have sorely missed them and are pleased to see that our local grocery is better than ever, offering the same familiar items that we always loved as well as a lot of new and interesting items to try," Yuri Wexler said, "I am happy to be here

and elated to see it open again. The staff that work here are so nice – and the food is terrific." He was taking home a fresh piece of salmon. "Nothing like it anywhere," he said.

All the staff members are happy to be working together again. Michael "Junior" Turgott, meat and seafood specialist, said he returned to the market because "this is my home – I have been here since the store was established years ago. This is where I feel I belong."

Executive Chef Steven Fela is pleased with the revamping of the store. "All our equipment is new," said the L'Academie de Cuisine graduate. "I was overjoyed when opening the boxes of high quality pots and pans." He has been developing new recipes for kale salad and making plans to use local products in his recipes.

Erika Torrey explained that their crab cakes are the biggest seller, but Fela's Italian meat-balls are much sought after, as is the quinoa salad, the chicken wings, the black bean mango salad and the flatbreads. Fela learned to make the meatballs from his mom when he was just a child. "I used to tease her that mine were better than hers," he said. "We will be offering new menu items and will emphasize their healthiness. We also will plan cuisine around the holidays. On Fridays, we will feature hot fish and chips (particularly during Lent) and our Mardi Gras Jambalaya and St. Patrick's Day Guinness Braised lamb shank are really popular, too. On football Sundays, we make lots of chicken wings – and usually sell out."

The opening on Sunday was a special day for Miriam Selvas because it was the exact day that she began working at the market 15 years ago. "I make the crab cakes," she said, "and do a little bit of everything here. I am just so happy that we are able to get back together."

## Presenting 'Cinderella' and 'Hairspray Jr.'

**Youth take starring roles at Bravo Productions.**

BY SUSAN BELFORD  
THE ALMANAC

**O**n a cold winter day in January, an activity for the family is to attend the Bravo Productions of "Cinderella" and "Hairspray, Jr." Young theater fans and their families will have the opportunity to cringe at the wicked step-mother and step-sisters, while re-living the thrill of seeing Cinderella become a princess because "the slipper fits." Older youth and adults

### Bravo Productions

#### "CINDERELLA"

Randolph Road Theater  
4010 Randolph Road, Silver Spring  
❖ Saturday, Jan. 17 at 4 p.m. and 7:30 p.m.  
Tickets: \$18 at showtix4u.com

#### "HAIRSPRAY JR."

Randolph Road Theater  
4010 Randolph Road, Silver Spring  
❖ Friday, Jan. 23 at 8 p.m.  
❖ Saturday, Jan. 24 at 1, 4:30 and 8 p.m.  
❖ Sunday, Jan. 25 at 1 and 4:30 p.m.  
Tickets: \$18 at showtix4u.com

will be enchanted by the story and lively tunes from "Hairspray Jr." while also gaining a better understanding of the social strife surrounding the desegregation of nearby Baltimore in the 1960s.

SEE YOUTH, PAGE 5

**Seaweed J. Stubbs (Myles Frost) and his kid sister, Little Inez (Olivia Harris) in Bravo Productions' "Hairspray Jr." at Randolph Road Theater, Jan. 23-25. Musical theater students in grades 6-9 explore racial desegregation in 1960s Baltimore from the perspective of an African American production team — Darnell Patrick Morris and Music Director Mayumi B. Griffie.**



PHOTO BY ERICA LAND



## LET'S TALK Real Estate



by Michael Matese

### The Nuts and Bolts of Professionally Staged Homes® for Sale

In professionally Staged Homes®, it's important to stay away from themes—remember, the potential buyer needs to be able to envision their furniture and home accessories in the space, not yours. By staying away from themes, you keep the focus where it needs to be: on the house, not the things inside it. The key principle to keep in mind when professionally staging a home is that this is house's chance to make a first impression. A theme that a potential buyer doesn't like can leave them with a negative impression of the space, whereas keeping the room design neutral and open to interpretation invites buyers to day-dream, mentally "moving into" the space and forming an emotional connection to the space. Color and art are two important considerations in staging technique—choose relaxing colors and a fresh coat of paint to evoke a feeling of peace and tranquility. After all, you want the buyers to envision your home as their place to relax and enjoy life. Pieces of art, likewise, should be neutral and picked with the intent of accenting the room—not being the room's focal point—because the art isn't what you're selling! Subtle pieces or mirrors, arranged tastefully around the rooms of your home, should draw attention to the features of the space—a painting over the fireplace, an accent piece flanking a bay window, a window dressing that highlights French doors, and so on. Likewise, sellers (and buyers!) may also want to invest in cabinetry or home design that allows the television to be concealed from view. By simply hiding the television set from view, it makes the features of any room its focal point and promotes the space as an oasis of calm. Does your house have a room that seems to be a catch-all for clutter? By engaging the services of an ASP®, you've got a competitive edge on other sellers in your area. A keen eye for detail, creative panache and problem-solving attitude can help you re-purpose that room from an unfocused area that collects "stuff" into a specialty room that adds value to your home that you didn't even know was there! Home libraries, attic closets, personal gyms, luggage rooms, rumpus rooms, butler's pantries, conservatories and porte cocheres are all stylish ideas for re-purposing space in rooms that seem to collect clutter that add both dollar value and a unique feature to your home, making it stand out to buyers and helping it sell quickly for its maximum value.

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

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## NEWS

# NBA Star Reaches Out to His Community

## Muresan leads free basketball clinic.

BY KATHERINE DUNBAR  
THE ALMANAC

At the Potomac Community Center, Gheorghe Muresan reached out to his local community on Jan. 4 with a basketball clinic. Muresan, originally from Romania, with a height of 7-foot-7-inches tall, was an NBA basketball player for both the Bullets and Wizards and is now active in working with children in the community and on a global level. In 2004, Muresan started GBA (Giant Basketball Association) aimed at teaching young children the proper fundamentals of basketball. He also does work in charities for underprivileged children, according to the GBA website. So with all these qualifications and passion for community outreach, Muresan and Peter Selikowitz of the Potomac Community Center decided to give back to Potomac through a free basketball clinic.

"It's all about people. I met Gheorghe when he came in with his two sons," Selikowitz said. "We just started talking, we kind of hit it off. We came up with an idea for the community." This event would teach basketball skills and be a fun, free way for the community to enjoy basketball.

The day consisted of several different stations for specific game skills. Gabe Alborno, director of the Department of Recreation, coached the shooting station; Muresan then worked with children at other stations. Muresan "is just so accessible, we're fortunate to have him in our community," Selikowitz said. The stands were filled with hundreds of parents; the event was also large enough



Gheorghe Muresan leads a basketball clinic at Potomac Community Center.



Courtney Cormier and Gheorghe Muresan



Sean Vascianne and Gheorghe Muresan

to allow about 130 children from 2nd through 6th grade to participate. The event also had an equal number of boys and girls, being very inclusive as well as accessible to the public. All people running

and helping with the event were volunteers for the day. Thus, this event also showcased the efforts of those reaching out to the community for free; additionally, this provided the benefit of no cost for

families participating.

The recreation department with the community center host and run youth basketball programs for children in kindergarten through high school.

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

### THURSDAY/JAN. 8

#### Literacy Volunteer Information

**Session.** 10:30 a.m. at Rockville Library. Once volunteers have completed the information session, they can select a two-part training session that fits their schedules. No foreign language skills are necessary. Tutors work one-on-one or with small groups, and typically meet with students in libraries or community centers at mutually convenient times. For details, call 301-610-0030, email [jennifer@literacycouncilmcmd.org](mailto:jennifer@literacycouncilmcmd.org),

or visit [www.literacycouncilmcmd.org](http://www.literacycouncilmcmd.org).

### MONDAY/JAN. 12

#### St. Raphael School and Nursery School Double Open House.

Programs for 3-year-olds, 4-year-olds and 4-Plus (Pre-K), as well as extended-day offerings. Before-care and after-care offered. St. Raphael is K-8 and specializes in tailored academics through small-group instruction, integrated technology and differentiated learning. Visit [www.srnsmc.org](http://www.srnsmc.org) or [www.straphaelschoolmd.org](http://www.straphaelschoolmd.org) for more.

**Social Thinking Meets Academics.** 7:15-8:30 p.m. Har Shalom ECEC, 115 Falls Road, Potomac. Workshop on how social thinking directly

impacts the student's academic performance, most notably related to reading comprehension and writing expression tasks. Register at [www.ccl-md.com](http://www.ccl-md.com).

#### Civic Federation Meeting.

7:45-10 p.m. at the County Council Office Building, 100 Maryland Ave., Rockville, in the 1st Floor Auditorium. "Streamlining the Development Process in Montgomery County" will be the topic for the next monthly meeting of the Montgomery County Civic Federation. All County residents and representatives of civic organizations welcome. No admission charge. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org) for more. **Nomination Deadline.** The public is invited to submit nominations for the Charles W. Gilchrist Volunteer Award that recognizes an individual or

group that has demonstrated exceptional service to Montgomery County Public Libraries (MCPL) through volunteer and/or philanthropic support. The award will be presented at an event on April 18 during National Library Week. For more information, contact FOLMC at 240-777-0020.

### TUESDAY/JAN. 13

**Support Group.** 1:30-3 p.m. North Bethesda United Methodist Church 10100 Old Georgetown Road, Bethesda. Support group for anyone grieving the death of a loved one. A six-week group that meets each Tuesday from 1:30-3 p.m. Registration required at 301-921-4400.

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# Youth Take Starring Roles

FROM PAGE 3

The two productions, directed and produced by Laurie Levy Issembert will be presented by the cast of Bravo Productions at the Randolph Road Theater. Children in grades 1-6 will recreate Rodgers and Hammerstein's "Cinderella" while youth in grades 6 - 12 will present the more contemporary "Hairspray, Jr." The music is under the direction of Laura Brady and the choreographer is Laurie Newton. Limited tickets are available at [www.showtix4u.com](http://www.showtix4u.com).

Bravo Productions, a musical theatre program designed for children in grades 1-12, focuses on teaching the art of musical theatre - as well as imparting a love for this American art form.

"We make sure that the children are having a blast while they learn to work together as a cohesive and supportive cast. While they are learning the tools of the craft - music, lyrics, choreography, staging and blocking- they are also becoming the next generation who will keep the Broadway tradition alive, if not onstage, then as well-versed audience members," Issembert said.

Madison Sherman, a 4<sup>th</sup> grade student at Rachel Carson Elementary School, will lead the cast of 28 for "Cinderella." "Hairspray Jr." will be double-cast with Allison Mintz and Chloe Friedman playing Tracy Turnblad, Bryan Stopak and Zachary Conneen taking on the role of Tracy's mom, Edna Turnblad, and Olivia Harris and Olivia Gilbert playing Little Inez. Myles Frost, a 10<sup>th</sup> grade student at Wootton High School will play Seaweed J. Stuffs in all performances.

This is the 18<sup>th</sup> production that Bryan Stopak has appeared in. The Magruder High student appeared in Bravo's "Beauty and the Beast," as well as in many Magruder High and Shady Grove Middle School productions. He loves performing and the learning that comes with it. "I feel that 'Hairspray' is one of those musicals that you can see and leave in a better mood. That's the most enjoyable part. However, the most difficult part for me is that I'm a teen-age boy playing a larger-than-life woman, the mother to Tracy. It's a challenge but it makes me a stronger actor."

Julius West 8<sup>th</sup> grade student Allison Mintz is in her second production with Bravo. She appeared in "Into the Woods" as Little Red and has also acted in camp productions and with a performance company called "Take the Stage." What does she love most about acting? "I love that acting is just a big game of pretend, complete with dress-up. I can be a princess one day and a newsboy the next - all I have to do is become that person and I'm golden."

Both Bryan and Allison feel the Issembert's expertise and experience have taught them many acting skills that they will use throughout their lives. Allison said, "She does so much to make every show memorable."

This is the first Bravo production that Olivia Harris has performed in, and she is thrilled to be in "Hairspray, Jr." She said, "The director, producer and music director expect a lot from us as the cast. It is fun to be a part of a team that works hard to make a show like Hairspray happen. I love learning more about acting and getting to meet new people."

Upcoming auditions will be held for "Urinetown, The Musical" and for "The Sound of Music."



PHOTOS BY MARY KIMM/THE ALMANAC

A White Throated Sparrow in the snow on Tuesday.

## First Snow Of New Year

A fast moving storm dumped a few inches of snow on Potomac and the rest of the region beginning before dawn and continuing through the rush hour on Tuesday, Jan. 6, bringing 4-6 inches of snow in some places, more than predicted, with temperatures in the 20s. Montgomery County Police and local fire and rescue companies reported responding to dozens of accidents on icy roads. County schools were closed for the day. Montgomery County residents are required by law to clear sidewalks in front of and alongside their properties within 24 hours of the end of a snowstorm.



A Downy Woodpecker eating.



# Scaling the Mountain

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**Saturday, January 24, 2015**

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Admission is \$45 for clients, \$65 for non-clients. All proceeds to go to Hopecam, a nonprofit connecting hospitalized and homebound children undergoing treatment for cancer with loved ones and support networks.



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# OPINION Happy New Year **Focused on community.**

**H**appy New Year. We need your help in 2015. As local, weekly newspapers, the Connection's mission — the Potomac Almanac is a Connection newspaper — is to deliver news readers need close to home, to help readers enjoy great local places and events, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

If you know people or organizations doing important work, something newsworthy or something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show.

We publish photos and notes of a variety of personal milestones and community events,

including births, engagements, weddings, anniversaries, awards and obituaries. Send a photo and tell us about it in 200 words or so to almanac@connectionnews-papers.com.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. To have the best chance of getting an event included in our calendar ahead of time, email us the details of the event (who, what, where, when, why) at least two weeks ahead of time. Email to almanac@connectionnewspapers.com. Events generally must be open to the public and either free or at nominal cost to be included in calendars.

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— MARY KIMM

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## Moving on from 2014 to 2015

### Applause, lamentations and the work ahead.

BY SUSANNE LEE

WEST MONTGOMERY COUNTY CITIZENS  
ASSOCIATION PRESIDENT

**L**ooking back at 2014 and ahead into 2015 there is cause to celebrate, but also much to lament, and much work ahead. On the legislative side, WMCCA supported and applauds the limits on construction imposed by the Montgomery County Council on Ten Mile Creek, a pristine, fragile watershed and a source of our emergency drinking water supply. We were encouraged that a long-awaited Montgomery County tree canopy statute was enacted, but lamented that at its heart it is "pay to chop them down" legislation. Fortunately, it appears the new Montgomery County Zoning Ordinance should have no negative impacts on the Potomac Subregion.

On the personnel side, we greatly lament Callum Murray's departure from the Planning Board staff. But we are encouraged that Lisa Feldt, the new director of the Montgomery County Department of Environmental Protection, is an experienced Federal environmental protection professional who in accepting this county position indicated she wants "to give back to the community ... work directly with communities." Governor-Elect Hogan's choice of Ben Grumbles, a thoughtful, dedicated, environmental expert in water issues, to lead the Maryland Department of Environment is likewise very encouraging. Both are fellow US EPA alums who hopefully will champion effective local environmental protection.

On the work ahead, as always, WMCCA will be actively engaged in a variety of issues, but two will likely overshadow all others this year:

❖ Glen Hills Sewer Study Without major redirection and revision, this fatally flawed study and its aftermath will result not only in violations of the Potomac Subregion Master Plan

### WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, Jan. 14, at 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled.

Each year WMCCA devotes at least one meeting to a more complete discussion of issues it has been following and offers the public a chance to bring topics forward which concern them. Through this process, WMCCA has been able to help members with problems such as development proposals, illegal tree cutting, Master Plan violations, and Special Exceptions. The directors and committee chairs will cover a range of current WMCCA issues, including the Glen Hills sewer study, Pepco tree removal, the WSSC Mid-River intake, and development proposals such as The Heights School, Tak River Road property, and Lake Potomac/Stoney Creek. As always, the public is invited.

and the County Water and Sewer Plan, but it also raises the spectre of misuse of appropriated funds, further degradation of the Watts Branch and Piney Branch streams, unjustified constraints on private property use, and adverse impacts on property valuation.

❖ WSSC Mid-River Intake Rather than cleaning up the Watts Branch stream pollution adversely impacting the water flowing into its infiltration plant on River Road, WSSC is proceeding with a plan to move its intake pipe into the middle of the Potomac River. The construction of this project will have massive adverse impacts on the C&O Canal National Park near the plant and a forested island in the river, without addressing the underlying problem of stream pollution.

We look forward to working with you on these and other issues in 2015 and welcome your help and support.

### NEW CITIZENS GROUP FORMED TO SAVE TREES

BY ALISON MROHS

A newly formed citizens group named STOP: Save Trees Oppose PEPCO! had its inaugural meeting at the Potomac Community Center on Dec. 21. There were about 30 people attending, mainly from Falls Reach (majority), Potomac Crest, Inverness, Glen Park, Betteker,

and Glen Hills, although the issue impacts neighbors throughout the Potomac Subregion.

The group's mission statement from their Facebook page is: Pepco has been aggressively clear cutting thousands of trees in Potomac. We understand the need for Pepco to maintain their power-lines so they can deliver reliable power. However, Pepco is now cutting thousands of trees which, in many cases, do not present any danger to their power-lines. Pepco has been given carte blanche discretion to trim and cut trees. Instead of being a good neighbor and adopting a balanced approach to tree management, Pepco is severely damaging our environment and negatively impacting the quality of our lives.

The group created a list of action items. If you were not able to attend the meeting, but would like to join them to help and protect your trees, please look on their Facebook page as this is their main mode of communication: STOP:Save Trees, Oppose Pepco!

In addition Pepco and Exelon Corporation have announced a proposed merger and the public has an opportunity to comment on the proposed merger and other Pepco related issues at an upcoming public hearing. In addition to the issue of tree cutting, Pepco will be considering public, shared-use pathways for non-vehicular recreation in their power line corridor right-of-ways. This would allow access and use by walkers, runners, hikers, bicyclists, cross-country skiers, and snowshoers. Public comment on these issues and others related to the proposed merger between Exelon and Pepco can be shared at a public hearing before Maryland's Public Service Commission at 6 p.m. on Tuesday, Jan. 13 at the Council Office Building at 100 Maryland Ave. You may also send written comments by Feb. 17 to David J. Collins, Executive Secretary, Maryland Public Service Commission, William Donald Schaefer Tower, 6 St. Paul St., 16th Fl., Baltimore, MD 21202, and reference "Case No. 9361 – Public Comment." Written comments must be mailed or hand-delivered to be put on the PSC's official docket.



# ENTERTAINMENT

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. Deadline is Thursday at noon, at least two weeks before event.

## ONGOING

**Weekly Blues Dance.** Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit [capitalblues.org](http://capitalblues.org) for more.

**Weekly Swing Dance.** Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission \$16-\$18, age 17 and under \$12. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit [www.glenechopark.org](http://www.glenechopark.org) or call 301-634-2222 for more.

**Contra and Square Dance.** Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) or call 301-634-2222 for more.

**Late Night Comedy.** Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit [www.BennysBarGrill.com](http://www.BennysBarGrill.com).

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. 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.

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials,

story time, arts and crafts, sing-alongs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

**Live Music & Dancing.** Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit [www.popovers.com](http://www.popovers.com) for more.

**Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**SilverWorks Studio & Gallery.** Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit [www.silverworksglenechopark.com](http://www.silverworksglenechopark.com).

**Art Glass Center at Glen Echo.** All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit [www.artglasscenteratglenecho.org](http://www.artglasscenteratglenecho.org).

**Glen Echo Pottery.** Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29 individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit [www.glenechopottery.com/gallery](http://www.glenechopottery.com/gallery).

**Yellow Barn Studio & Gallery.** Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**CAMPS, CLASSES & WORKSHOPS**

**The Joys of Color: Acrylic Painting.** 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Mondays, Jan. 12-Feb. 2. Four sessions with instructor Nurieh Mozaffari. \$150. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Collage Workshop.** 7-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Tuesdays, Jan. 13-Feb. 3. Four sessions with instructor Nurieh

Mozaffari. \$120. Call 301-315-8200 or visit [www.visartscenter.org](http://www.visartscenter.org).

**2015 Musical Theatre Intensive Summer Camp.** For actors, dancers and singers ages 13-18. The program will run for two weeks from July 12-25 at the Sandy Spring Friends School in Sandy Spring, Md. Campers can participate in daytime or overnight camp. The daytime camp will feature students in a final showcase the last Friday of camp. Students who participate in the overnight intensive camp will take part in a full production of the musical "Once on this Island!" Early bird discounts are available to those who register before Feb. 1. Visit [www.youngartistsamerica.org](http://www.youngartistsamerica.org).

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit [www.glenechopark.org/saturday-art-explorers](http://www.glenechopark.org/saturday-art-explorers) for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit [www.visartsatrockville.org/ceramics](http://www.visartsatrockville.org/ceramics) for a list of class dates, times.

## WEDNESDAY/JAN. 7

**Wireless Wednesdays.** 11:30 a.m.-12:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Need help with a new tablet, smartphone or e-reader? Bring wireless device to Wireless Wednesdays at Potomac Library and learn how to download digital content provided free by the library, including e-books, audiobooks, magazines and even music. Call Jeff Corber 240-777-0690.

## SATURDAY/JAN. 10

**Concert Series.** 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Pianist Alexander Paley will perform as part of the Washington Conservatory Piano, Plus! Concert Series. This concert is free, with donations welcome at the door. The audience is invited to a wine reception and question and answer session after the concert. Visit [washingtonconservatory.org](http://washingtonconservatory.org).

## SUNDAY/JAN. 25

**Submission Deadline.** My Little Town, a juried exhibition about Washington, D.C. Submit up to five jpeg images to [photoworks.gallery@gmail.com](mailto:photoworks.gallery@gmail.com), with My Little Town in the subject line. \$40 entry fee. Call 301-634-2274, email Gayle Rothschild, at [gaylesue@me.com](mailto:gaylesue@me.com) or visit [www.glenechophotoworks.org](http://www.glenechophotoworks.org).

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1/21/2015 ..... A+ Camps & Schools  
1/28/2015 ..... Neighborhood Outlook  
1/28/2015 ..... Winter Fun, Food, Arts & Entertainment;  
Valentine's Preview

### FEBRUARY

2/4/2015 ..... Valentine's Dining & Gifts I  
2/4/2015 ..... Wellbeing – National Children's Dental  
Health Month  
2/11/2015 ..... HomeLifeStyle  
2/11/2015 ..... Valentine's Dining & Gifts II  
*Valentine's Day is Feb. 14 • Presidents Day is Feb. 16*  
2/18/2015 ..... A+ Camps & Schools  
2/25/2015 ..... Pet Connection Pullout

### MARCH

3/4/2015 ..... Wellbeing  
3/11/2015 ..... HomeLifeStyle Real Estate Pullout  
3/18/2015 ..... A+ Camps & Schools  
3/25/2015 ..... Spring Fun, Food, Arts & Entertainment  
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PHOTO BY ADAM PRILL

The Whitman girls' soccer team repeated as state champs in 2014.



ALMANAC FILE PHOTOS

The Bullis football team won the IAC title for the third time in four years.

# Top Moments in 2014 Potomac Sports

## Whitman girls' basketball enters 2015 undefeated.

The following is a look at some of the top moments in Potomac sports during 2014 and what lies ahead in 2015.

### WHITMAN GIRLS', BOYS' SOCCER WIN STATE TITLES

Whitman soccer brought home a pair of state titles during the weekend of Nov. 14-15.

The Whitman boys' team defeated Chesapeake 4-1 on Nov. 14 to capture the 4A championship. The Vikings finished the season with a 15-3-1 record and wins in nine of their final 10 matches.

The following day, the Whitman girls capped an undefeated season with a 1-0 win over Howard in the state final. The Vikings finished 17-0, outscoring their opponents 50-7.

"It was an awesome experience," Whitman girls' coach Greg Herbert wrote in an email two days after winning the state title. "Dave Greene, the boys' coach, and I have talked about just this same situation for several years now about how great it would be if we could do this together one season and now to finally have it happen is just amazing. The fact that we could both bring home the hardware for the school and the community is just something that we really appreciate and are proud of doing. There is actually a brother/sister combination (Alex Harris on the boys' team and Ellie Harris on my team) on the teams! What an amazing time for that family to have a member of each state championship team living under one roof!"

It was the second consecutive state championship for the Whitman girls.

"It was an amazing feeling of accomplishment and pride," Herbert wrote Nov. 17. "We do set a goal each season of winning every home game, winning the region and winning the state but early on this season I'm not sure the girls believed they could do that. It took time to mold the mental make-up of this team and make them believe in themselves the way that I did and convince them that they could do the impossible if they dedicated themselves to excel each and every day. And to do just that and come out of this loaded division, section and region unscathed and run the table the way we did is really just a testament to the mental make-up and technical ability of these girls."

"To think that after last year's successful championship run that we would even better ourselves this season is mind-blowing."

### WHITMAN BOYS' BASKETBALL REACHES STATE FINAL

After losing two of its final three regular season games, the 2013-14 Whitman boys' basketball team caught fire in the postseason. The Vikings won five straight games, including victories over Clarksburg in the 4A West region championship game and Annapolis in the state semifinals.

Whitman advanced to the state championship game, where the Vikings lost, 70-43, to a Wise team loaded with size and athleticism.

"[The Pumas are] athletic, fast, quick, well-coached: certainly the best team we've seen," Whitman coach Chris Lun said after the state championship game. "They abso-



The Wootton boys' lacrosse team defeated rival Churchill in the 2014 4A/3A West championship game.

lutely deserved to win the championship tonight. But I'll tell you what, I couldn't be more proud of the guys sitting with me and all the guys back in our locker room. What a season for us and it's something I know these guys will never forget and I won't either.

"... We're going to keep our heads held high. We had a great run. I couldn't be more proud of our seniors. The team that we had this year, a lot of people never expected us

to be here, so we're not going to let anybody take that away from us."

The Vikings reached the state final for the first time since 2006, when Whitman won it all.

The Vikings finished the season with a 21-7 record.

### WOOTTON BOYS' LAX BEATS CHURCHILL IN REGION FINAL

Prior to the Churchill boys' lacrosse team winning back-to-back 4A/3A West region championships, it was Wootton that ruled the region, winning six straight titles.

On May 14, Wootton regained its place atop the region, beating rival Churchill 14-12 in the championship game.

"My freshman year is the last time we won [the region title] and I just know the feeling — I really wanted to get it back," Wootton senior Austin Schoenfeld said after the game. "It was hard to get all the seniors wrapped around how good it feels and how much work really needs to be put in, but we definitely put in the work and it shows. ...

"It means more because all my senior boys are with us. It's our last home game ever and winning it on our home field against Churchill just makes it bittersweet."

Schoenfeld finished with four goals and three assists. Churchill's Louis Dubick scored six goals in defeat.

Wootton would lose in South River in the state semifinals and finished the season with a 17-1 record.

SEE TOP MOMENTS, PAGE 10  
WWW.CONNECTIONNEWSPAPERS.COM



# Top Fitness Trends for 2015

Here are some low-cost, mobile routines.

BY MARILYN CAMPBELL  
THE ALMANAC

The beginning of a new year is often a time when many resolve to begin a fitness plan or to ramp up their current routine. Officials at the American College of Sports Medicine rang in the New Year by releasing the organization's annual survey of the top fitness trends for 2015.

From push-ups to plank, bodyweight training tops ACSM's list of fitness trends. Low cost and mobile, this routine takes exercise back to the basics: think pull-ups and squats. "You really don't need equipment or a gym membership, and there's almost no cost involved," said Katrina Salum, a personal trainer based in Arlington. "It's effective because you can build muscle and burn fat simply by using your own body weight for resistance."

The popularity of bodyweight moves are due to the ease in which they can be incorporated into your daily routine, said Salum. "You can do three sets of eight squats while you're brushing your teeth and 10 pushups while you're waiting for your coffee to brew."

**THE PRACTICE** of alternating intense periods of aerobic activity with low intensity exercises, known as high-intensity interval training (HIIT), is number



PHOTO BY MARILYN CAMPBELL

**Bodyweight training, which includes exercises such as plank, is the top fitness trend for 2015 according to the American College of Sports Medicine.**

two on the list of trends. Varying exercises can stave off boredom, a factor that leads many people to abandon their fitness practice," said Scott Goldberg, a personal trainer in Potomac, Md. "Most HIIT routines can be done in 30 minutes," he said. "One simple routine is warming up by walking on a treadmill, then doing 10 squats, 10 push ups and 10 planks followed by a 30-second fast-paced sprint. Then walk slowly in place for four minutes to rest then repeat the entire routine five times."

Taking classes or training sessions from licensed, certified and educated fitness professionals is number three on the list. Traditional weight training is number four, followed by enlisting the help of a personal trainer and combining exercise and nutrition

SEE TOP FITNESS, PAGE 11

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## Down and Not Out, Yet



By KENNETH B. LOURIE

Thankfully (so far as I know, which isn't very far), after a five-week interval between infusions, which included two additional weeks of pre-chemotherapy lab work and an out-of-the-ordinary 24-hour urine collection ("creatinine clearance") to boot – to more accurately measure my kidney function in hopes of meeting a 1.6 threshold – muster was finally passed, and I was subsequently infused without any further adieu. Planning forward, Ron, my oncology nurse, said that we should return to our usual-and-customary three-week interval for chemotherapy as well as the normal pre-chemotherapy lab work – with no "creatinine clearance." And given that I'm alive and reasonably well six years post-diagnosis by following a similar protocol, I'd be hesitant to get off the horse I've been riding so successfully – mostly – since early 2009, so I'm prepared to saddle up once again.

However, I do wonder if this five-week interval, which ultimately showed my creatinine level/kidney function returning to normal, might suggest that a rest-for-the-chemotherapy-weary might not be all bad. My Certified Holistic Health and Fitness Coach, Rebecca, feels that after six years of nearly non-stop chemotherapy, its toxicity has probably caused enough internal organ damage; "shrinkage" and all notwithstanding. Chemotherapy is hardly a non-corrosive additive. It does what it does, but there are consequences/side effects to be sure, many of which are not pretty and hardly worth waiting for. The question is: Is stopping and/or delaying any kind of conventional treatment, with which I have become most familiar during my six years of treatment, a new beginning or a tragic end? Generally speaking, I feel fine. Still, I'm not Alfred E. Neuman from Mad Magazine, so "What, Me Worry?" Yes. Cancer is not for the faint of heart, so challenges persist, whether the circumstances are good, bad or indifferent. It is impossible to leave well enough alone – for me, anyway.

As a result, I have a present that in the past was a future not promised. Initially I was told by my oncologist that he could treat me but that he couldn't cure me. Oddly, at the time, I didn't really grasp the obviousness of his statement, nor I imagine, did team Lourie. They were words with which we were familiar certainly, but their meaning sort of escaped us. Soon thereafter however, we learned what it all meant, and over the proceeding years, have become a little bit better at comprehending what the medical staff has been telling us. Now, our regular and seemingly recurring conversation is about creatinine and kidney function. It's likely my body is indeed under stress – after six years of chemotherapy. Nevertheless, given my most recent CT Scan result, as well as my eventually-reducing-to-normal creatinine level, I am going to continue to roll the dice. Perhaps I'm being penny-wise/pound foolish or just plain foolish and not too wise. Unfortunately, nobody really knows for sure, and besides, when you're life hangs in the balance, it's seems whatever decisions are to be made, should be made by the patient. So I will continue to employ Rebecca's advice in hopes that the supplements and all that she has advised I take over the last six years continue to strengthen my immune system enough to offset the likely damage the chemotherapy is causing along its cancer-cell-killing way. I realize it's not perfect, but it's a living. THANK GOD.

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

## SPORTS

# Top Moments

FROM PAGE 8

Churchill's season ended with its third consecutive region final appearance.

"We're a program. We don't rebuild anymore, we just reload," Churchill head coach Jeff Fritz said. "We've got a great JV program with a great JV coach. Our guys are involved — if they're not playing a second sport, they're involved in lacrosse year-round now. They're doing all the right things."

## BULLIS FOOTBALL REPEATS AS IAC CHAMPIONS

The Bullis football team finished 9-1 and captured the IAC championship for the second consecutive season and third time in four years under head coach Pat Cilento. Prior to the four-year run, Bullis hadn't won a conference title since 1979.

Bullis' victories included a 41-14 homecoming win over Landon, and a 34-26 win over Georgetown Prep in the season finale.

## A Look to 2015

❖ The Whitman girls' basketball team is 6-0 entering 2015 and appears on its way to another successful season. The Vikings reached the state tournament in 2013, and last season won 20 games in a row before falling to Kennedy in the sectional final.

The Vikings' six wins this season include a 56-51 victory over private school Good Counsel, and a 60-8 blowout of Northwest.

❖ The Whitman boys' basketball team is 4-4 after suffering a pair of losses at the MoCo/FredCo Challenge.

❖ The Wootton and Churchill boys' lacrosse teams figure to once again compete for the region title. Churchill's Dubick, who signed with the University of Maryland, returns for his senior season.

❖ The Whitman girls' lacrosse team will try to defend its region title after finishing 13-3 last season.

❖ The Whitman baseball team lost several key players to graduation, but will attempt to continue its run of two region final appearances in the last three years.

❖ The Bullis football team, which went 9-1 in 2014, has several college recruits slated to return in 2015, including quarterback Dwayne Haskins and receiver Patrick Johnson.

— JON ROETMAN

## VOLUNTEER OPPORTUNITIES

### The Literacy Council of Montgomery County

will hold information sessions for volunteers interested in helping adults learn to read, write, or speak English. Once volunteers have completed the information session, they can select a two-part training session that fits their schedules. Call 301-610-0030, email info@literacycouncilmcmd.org or visit www.literacycouncilmcmd.org.

**Parks need support** from the surrounding communities for volunteers to work at many visitor centers. Volunteers are needed to help visitors, take phone calls, operate the cash register and keep small gift shop stocked, and assist with special events and programming. Hours are flexible and each volunteer will receive an orientation to the Visitor Center and visitor services. Contact Becca Jameson at 301-767-3709 or rebecca.jameson@nps.gov.

WWW.CONNECTIONNEWSPAPERS.COM



# Keeping Health and Fitness Resolutions

Local experts offer advice about how to make resolutions last all year long.

BY MARILYN CAMPBELL  
THE ALMANAC

Many Americans begin the new year with vows to lose weight, eat healthier and exercise. For some, keeping those resolutions can become a source of stress, and by February, gym memberships and new fitness equipment often sit unused.

"The problem comes when people see Jan. 1 as a time to make broad, sweeping transformations," said Bethesda psychologist Barbara Lynn. "You have to remember that you can't change an elephant into a butterfly. The focus should be on making realistic, positive lifestyle changes."

Setting realistic goals and developing a plan to attain them will help avoid frustration and the ultimate abandonment of resolutions. It's especially useful to have a mindset that fitness resolutions are about



Setting realistic goals, developing a plan and enlisting help are some of the keys to maintaining health and fitness resolutions.

adding healthy habits to one's day in incremental steps.

"First you have to be honest with yourself," said Tina Sneed, a clinical social worker who lives in Potomac. "If you've never been athletic and haven't worked out regularly in years, setting a goal to run a marathon by June could be setting yourself up for failure."

Instead, Sneed suggests going for a 30-

minute walk or hitting the gym three times each week. If your goal is to eat healthier, try swapping an additional fruit or vegetable for a highly processed food.

"Habits, both healthy and unhealthy, take time to change," said Ben King, a personal trainer in Potomac. "If you gradually add exercise and healthy foods to your diet and slowly move away from a sedentary lifestyle and remove unhealthy foods, you're more

likely to make lasting changes. The important thing is to set small, attainable goals and keep moving forward."

Write goals and track your progress in a journal. "Keep track of how many times a week you get moving, whether it was a 20-minute walk to the grocery store or 30 minutes on a treadmill," said Sneed. "Spend time planning meals and snacks so that you have more control over what you eat. Don't wait until you're hungry to decide. Carve out time in your day to do something physical, even if it is small. At the end of the week, you can look back at what you've done and be encouraged."

Remember that there is strength in numbers. "Join an exercise class or a weight loss group," said King. "Seeing others who are working toward the same goals and achieving success can be encouraging, and sharing ideas and strategies can be very powerful."

Enlisting the help of professionals like a personal trainer or licensed therapist might be necessary to making some lifestyle changes. "If you overeat, consider seeing a mental health professional to understand what is behind that behavior," said Lynn. "If you're having trouble making healthy eating choices, it might be time to see a nutritionist."

## Top Fitness Trends for 2015

FROM PAGE 9

into a fitness plan, which are numbers five and six respectively.

"To be healthy you need to exercise, but also eat foods that are good for you," said Gretchen Juliano, a dietitian in Old Town Alexandria. "Eating foods that are low in carbs and high in protein before working out forces your body to burn fat and gives you energy."

Fitness industry pros say yoga is number seven. "The practice of yoga gives you muscular flexibility through the stretching involved in the yoga poses," said Dawn Curtis, East Meets West Yoga Center in Vienna. "Yoga also provides immune strengthening. A regular yoga practice will also help with your healthy tissue maintenance and healthy growth of new muscles, bones, tendons, and ligaments, which are essential body components for fighting disease."

Curtis points to the detoxifying effects of yoga.

"A regular yoga practice will increase your blood circulation, which in turn helps flush out toxins from your body," she said. "As your body flushes out these toxins, to be released by the stretches of the muscle movement, they are replaced with new nourishing nutrients for a healthier body and

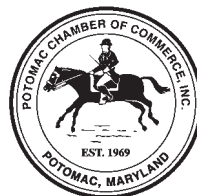
mind...Students with a regular practice...report [having] long lasting results both physically and mentally, especially with reducing stress."

"Consistency is the key in yoga," said Sara VanderGoot of Mind the Mat Yoga and Pilates in Arlington and Alexandria. "It is like vitamins. The real effect is doing it over time, and incorporating it into your life rather than just doing it once. Yoga is not a quick fix, but a very powerful transformative practice if done regularly over time."

Fitness programs for seniors make the list at number eight. "Even 30-minutes of strength training and 20 minutes of aerobics 2 or 4 times a week can help us fight diseases like diabetes and heart disease as we age," said Goldberg.

**FUNCTIONAL FITNESS EXERCISES**, those that make your body stronger for everyday activities like doing laundry, lifting small children or simply using good posture when sitting at a desk, come in at number nine on the ACSM list while group personal training sessions are number ten.

"One of the benefits of working out with a group is accountability," said Salum. "It's also less expensive than hiring a personal training and can be more fun."



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