

Potomac ALMANAC

WELLBEING

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The Chesapeake and Ohio Canal National Historical Park is looking for new volunteers to serve as Canal Classroom Corps members and provide educational information to students from Maryland, Virginia and Washington, D.C. this spring and summer.

A Leafier Kind Of Classroom

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PHOTO CONTRIBUTED

FEBRUARY 4-10, 2015

ONLINE AT POTOMACALMANAC.COM

LET'S TALK Real Estate



by Michael Matese

The Porte Cochere

Modern luxury homes are increasingly featuring a new amenity—or rather, they're bringing back an old home feature with a modern twist! The porte-cochere, (literally "coach gate") is an instantly recognizable home feature that has enjoyed a revival in popularity in recent years. The porte-cochere is best described as a "drop-off garage", much like the kind you find at resorts or hotels, and they're infinitely useful in that they allow homeowners to arrive and unload safe and dry in inclement weather. Historically, the porte-cochere was created with the horse-drawn carriage in mind; modern porte-cocheres are usually erected near the front doors of the home. So, why the sudden increase in popularity? In many modern luxury homes, the garage and parking area is off-set from the main home construction, which for visiting guests or unloading, parking can be inconvenient, especially if the weather is cold or rainy. A porte-cochere provides the homeowner with a well-situated, handy area to welcome visitors, unload everything from weekly groceries to luggage from your most recent weekend getaway or family vacation, or a sheltered entrance to the home for days where the sun, snow or rain makes parking in the main garage an unappealing prospect. Today's stylish porte-cochere is blended with the home's front exterior, ensuring convenience, safety in inclement weather and adding a distinctive flair to a home's overall appearance, each of which add dollar value to the home's resale price.

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WELLBEING

Workshop on Managing Family Stress

Feb. 11 event is part of Parent University.

BY MARILYN CAMPBELL
THE ALMANAC

Mental health specialist Elizabeth DuPont Spencer believes stress is a topic familiar to most busy families.

"A major sign of stress in parents and children is a feeling of rushing from one activity to another without being able to enjoy any of them," said Spencer, a licensed certified social worker-clinical.

Spencer is giving a lecture in Potomac, Feb. 11, called "So Much To Do, So Little Time: How to De-Stress Your Family." She will cover "ways of identifying stress and anxiety in parents and children, as well as offering practical ideas that can be easily implemented."

Many of the ideas can also be found in Spencer's book, "The Anxiety cure For Kids: A Guide For Parents."

"My goal is for each person to walk out of the talk with an understanding of the sources of stress in their lives and the choices that they can make as they find better ways to cope," said Spencer. "This is such an exciting topic, and so relevant to families in the D.C. area."

"This talk also gives audience members an opportunity to consider if the problem is more than stress," she continued, "[or] if it might be anxiety or depression in either a child or parent. I will provide techniques to use if that is likely to be part of the problem."



PHOTO COURTESY OF ELIZABETH DUPONT SPENCER

Elizabeth DuPont Spencer, co-author of "The Anxiety cure For Kids: A Guide For Parents," will offer insights about stress and teach parents how to make simple changes to minimize it.

Spencer's talk is part of Parent University, an on-going series of workshops offered on child development topics like education and mental and physical health. The speakers, who are considered experts in their fields, offer information designed to guide and empower parents as they raise their children.

The 75- to 90-minute workshops are held in the evenings at Har Shalom Early Childhood Education Center (ECEC) in Potomac. Parents also have opportunities to ask questions of the speakers.

"As a parent and a speech language pathologist, parent education has always been a core value for me personally, as well as in my practice," said Sue Abrams, Parent University founder and director of the Center for Communication and Learning. "I started Parent

Class Schedule 2014-15

- 7:15 – 8:30 p.m.
Har Shalom ECEC
11510 Falls Road, Potomac,
♦ Feb. 11: So Much To Do, So Little Time: How To De-stress Your Family
♦ April 21: The Ages and Stages of Social Communication: Approaches for Teaching Relationship Development
♦ May 11: Social Behavior Mapping

University in 2008 to provide to the Montgomery [County] parent community access to the many talented professionals in this area. It is so important to me to provide parents with tools and knowledge — a toolbox if you will — to enable them to help their children."

Katie Smeltz, a Rockville mother of two, has attended several Parent University workshops. "Some of the speakers are absolutely amazing," she said. "Topics have included things like kids who are addicted to video games and how to help them. Sue gets very smart, fascinating speakers."

One of the most impactful workshops Smeltz attended was one in which she learned techniques to help her son improve his social skills and enjoy play dates.

"I got ideas about how to make play dates more fruitful and help my son navigate some of his apprehension," she said. "We want our kids to be happy and have friends."

Abrams says the technique involved "creating 'friend files' with her child when they had play dates. This is a social thinking concept. Then she helped her son understand how to use the information he learned about his friend to plan their next play date."

BULLETIN BOARD

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

FUNDRAISER

"Spay It Forward." Donate to support MCPAW efforts to reduce pet overpopulation and shelter intakes of stray and feral animals. In addition to the spay/neuter and microchipping program, MCPAW is organizing a Pet Food Pantry to assist pet owners who

need help with dog or cat food and to help managers feed feral cats. MCPAW is implementing a unique fundraising formula for Spay It Forward called Easy Fund 1, 2, 3. MCPAW is asking each resident of Montgomery County to donate \$1, each organization to donate \$2 for each of their members and each business to donate \$3 for each employee. To donate, visit www.crowdrise.com/mcpaw, www.MCPAW.org or checks can be mailed to MCPAW/SIF, 7315 Muncaster Mill Road, Derwood, MD 20855. Write SIF on check. MCPAW is a 501(c) (3) nonprofit organization

and donations are tax deductible as allowable by law. For more on Spay It Forward or MCPAW, visit www.MCPAW.org/SpayItForward.

visit: www.signupgenius.com/go/20f094fadab28a5f58-volunteer. Contact Neeta Datt at neeta.datt@montgomerycountymd.gov.

OPEN ENROLLMENT

Volunteers Needed. Montgomery County has helped thousands of residents get enrolled. Now that the closing date (Feb. 15) is approaching, they're expecting activity to ramp up even more. Make a difference by helping reduce the number of uninsured in Montgomery County. To sign-up for one or more shifts on the most convenient dates and locations

WEDNESDAY/FEB. 4

Volunteer Open House. 9:30-11 a.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection has immediate openings for volunteers to provide essential services to Montgomery County seniors. Available service opportunities include driving senior adults to medical appointments,

SEE BULLETIN, PAGE 9

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Be Part of The Pet Connection in February

Send Your Photos & Stories Now to
almanac@connectionnewspapers.com or complete
our online form at potomacalmanac.com

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.

A Leafier Kind of Classroom

Retired teachers take their skills to the great outdoors to introduce children to the C&O Canal.

BY AMBER HEALY
THE ALMANAC

An estimated one million children attend school along the Chesapeake and Ohio Canal, which stretches from Washington, D.C. through Virginia and Maryland and out to Pennsylvania and West Virginia. Through the C&O Canal National Historic Park, children have the opportunity to spend hours out in nature learning the importance of the canal to the nation's capital and surrounding region.

The National Parks Service has created a program in which volunteers help make field trips through the park relevant to what's being taught in the classroom, incorporating science, math and history themes customizable for visits that can last most of the course of a school day, said Hollie Lynch, educational specialist with the National Parks Service. She has been looking for a few good volunteers to lend their talents to the Canal Classroom Corps for this summer, as the program looks to expand its reach to Great Falls, building on suc-



Students from Maryland, Virginia and Washington, D.C., learn about the history of the C&O Canal from a team of dedicated volunteers who form the Canal Classroom Corps. The volunteers, largely retired teachers, help with field trips along the canal and incorporate science, history, math and other curriculum areas into each outing.

cesses in Williamsport and Cumberland.

The group is largely comprised of "retired teachers and educators, not only teachers but people with a background in history or science who are looking for an opportunity to help students" learn about and appreciate the canal, Lynch said.

The canal stretches 185 miles from end to end, with even more miles of hiking trails and places to watch for birds and learn

about the history of the waterway contained within the park. One of the more popular locations in the park, and a favorite activity for students on field trips is watching the Mercer Boat go through the locks near Great Falls, she said.

But there's more to the park than watching the boat, originally pulled by mules, rise and fall as water is added or taken out of the specially designed passageways.



Canal Classroom Corps member Judy Niedzielski holds up a turtle as part of a lesson for some young visitors to the Williamsport portion of the C&O Canal National Historical Park.

For the first summer, the Canal Classroom Corps program at Great Falls will be focused on elementary school students, with the goal of following in the footsteps of expanded pilots in Cumberland and Williamsport and adding educational materials for middle and high school students later, Lynch said.

The volunteers help teachers during field trips by incorporating information that supplements what's being discussed in the classroom, she said. Rock formations, along with plants and animals, spotted along the canal can easily support a lesson on the Earth's geology, while the transfer of goods and people into Washington during the city's early days makes for a different kind of view on the area's history.

Students who have had the chance to take

SEE VOLUNTEERS, PAGE 8

An Oasis for Learning Program targets 50 years and older.

BY SUSAN BELFORD
THE ALMANAC

Just moments away from Potomac is OASIS — a hidden gem offering lifelong learning, healthy living activities and social engagement. Many classes are held inside the Macy's Home Store at Westfield's Montgomery Mall, but others are located throughout the county. Its 51-page brochure lists a variety of opportunities that provide everything from exercise programs to volunteer opportunities, interesting and informative classes taught by local experts to technology training that will build confidence with the latest computer, iPad or Facebook challenge.

According to the www.oasisnet.org, the vision of OASIS is to "see that adults age 50 and older across the country have opportunities to pursue vibrant, healthy, productive and meaningful lives."

OASIS, a non-profit organization based in St. Louis, is now active in 43 cities across 25 states and serves more than

59,000 individuals each year. Potomac residents are fortunate because the OASIS program, the only one in the D.C. Metro area, is offered in close by and provides intellectual and social stimulation at a low cost.

The organization was established in 1982 by Marylen Mann and a group of educators and volunteers who pioneered educational wellness and volunteer programs that helped older adults stay healthy and engaged within their communities. At first, the U.S. Administration on Aging funded the two-year project to demonstrate the feasibility of a public-private partnership. The May Company (now Macy's) agreed to provide space for OASIS classes in their stores.

As Macy's expanded, the company built permanent sites in their stores for OASIS centers. OASIS partners with Suburban Hospital, John Hopkins Medicine, AT&T, The Village at Rockville, WPAS, BCC and Rockville Rotary Clubs and other community businesses and organizations. More than 200 volunteers support the four staff members at the Washington Metropolitan

SEE AN OASIS, PAGE 5



Leni Barry, RN, from the Suburban Hospital, Hopkins Medicine HeartWell program, lectures on health and wellness topics such as optimizing one's health and nutrition for a healthy heart. In March she will teach "Let's Go Nuts," a discussion about the latest recommendations and benefits of nuts, strategies and recipes on how to incorporate nuts in a diet.

POTOMAC ALMANAC

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OPINION

Defining and Ensuring Effectiveness

BY SUSANNE LEE
WMCCA PRESIDENT

The proposed pesticide law pending before the Montgomery County Council and the National Park Service proposal to collect entrance fees from those using the C&O Canal National Historical Park present interesting challenges. We will learn more about the pesticide bill at WMCCA's Feb. 11 meeting. C&O Canal Superintendent Kevin Brandt will discuss the fee proposal and other Canal issues at our March 11 meeting.

WMCCA has been and will always be a strong supporter of enhanced environmental protection and defender of our beloved C&O Canal. And even imperfect legislative efforts, such as the new Montgomery County Tree Canopy Law, presumably are better than nothing. But when examining what is likely to result in effective environmental protection and the conservation of natural resources — what does and does not work — there appear to be some basic principles.

There must be the critical “rule of law” framework — transparent legislative process, clarity in objectives and requirements, and effective enforcement. But the entire effort also must be grounded in common sense and an acknowledgement of basic elements of human behavior, with a laser focus on ensuring maximum efficiency and effectiveness given scarce resources.

As we become engaged in examining these two new proposals — and others in the future — we will do so with an emphasis on ensuring public transparency and strong, effective methods for environmental protection. These are some of the questions we will be asking:

❖ Is there a clear statement of the problems to be addressed, including the sound science behind the elements of the pesticide law and the financials behind the fee proposal?

❖ Exactly how will the proposals address these problems and how will success or failure be documented?

❖ Are there other more effective targets and alternatives?

❖ Exactly what will each of us be required to do to comply with these solutions and how will this be communicated?

Next Meeting

The West Montgomery County Citizens Association will meet Wednesday, Feb. 11 at 7:15 p.m., at the Potomac Community Center.

The speaker will be Chris Gillis, senior legislative aide to Montgomery County Council President George Leventhal. New legislation regulating the use of pesticides is currently pending before the Montgomery County Council. Introduced by Council Leventhal, Bill No. 52-14 would prohibit the use of certain pesticides on lawns and certain county-owned property, establish notice requirements, and require the county to adopt integrated pest management techniques on certain county property. If enacted, Montgomery County would join just two other local jurisdictions (Takoma Park and Ogunquit, Me.) with similar statutes. Gillis, a key County Council staff member involved in the proposed legislation, will discuss more details about the legislation, current issues under consideration, next steps in the legislative process, and the outlook for its passage.

As always, the public is encouraged to attend the WMCCA meetings.

If schools are closed because of inclement weather, the meeting will be cancelled.

❖ How and by whom will they be enforced and how will citizens be able to monitor enforcement?

GLEN HILLS STUDY

BY SUSANNE LEE

Following their meetings in December 2014 with Montgomery County Executive Isiah Leggett and Montgomery County Council Member Roger Berliner, a group of scientists, engineers, university professors, and governmental agency experts who are Glen Hills residents prepared an extensive analysis of the Glen Hills Study. They focused on one aspect of the study — the science behind the Phase 1 and Phase 2 reports — and determined it was fatally flawed. Thus, any recommendations drawn from the reports would be invalid. They, along with WMCCA, submitted their findings to Mr. Leggett in a detailed Jan. 12 letter requesting that he reject the Study and instead initiate a revised fact-based and scientifically sound analysis.

PENNYFIELD LOCK ROAD

BY GINNY BARNES

The recent CIP (Capital Improvement Projects) budget contains an item for replac-

ing the bridge on Pennyfield Lock Road. This road dates back to the 1850s and is designated as Rustic in the Rural and Rustic Roads Master Plan. The bend in Pennyfield was created to go around the Dufief warehouse that was located on the south, inside part of the bend. The warehouse was the reason the road was built. Dufief (who also ran a mill) was bringing in fertilizer and shipping crops from the warehouse, which was a huge improvement in access for a big chunk of the farming community. Criteria for alterations to Rustic Roads are specific and have not been followed in the Department of Transportation (DOT) proposal to fund bridge reconstruction. Of the three possible alternatives, the DOT selected the one most detrimental to the historic landscape of the C&O Canal National Historical Park. The public has never seen or been given an opportunity to comment on the proposed bridge replacement alternatives, nor have the “safety” criteria been assessed. The precedent and possible “unintended consequences” to other Rustic Roads in Potomac may be at stake. Accordingly, WMCCA will be writing testimony for the public hearing on the CIP Budget. The National Park Service has done a thorough and thoughtful report on the historic and cultural aspects of Pennyfield. It makes fascinating reading:

https://www.canaltrust.org/quarters/pdf/Pennyfield_Lock_CLI.pdf

UPDATE ON TEN MILE CREEK

BY GINNY BARNES

In 2014, the County Council adopted an amendment to the Clarksburg Master Plan affording unprecedented protection to Ten Mile Creek. A strict impervious cap was placed on development in the creek and tributaries. The Rural Neighborhood Cluster (RNC) zone was applied, requiring 60-80 percent open space development sites. The RNC zone also requires sewer and the County Council is currently considering Sewer Category Changes for the proposed developments. In the case of Ten Mile Creek, the choice of sewer alignments is integral to following through with protecting the watershed and Little Seneca Reservoir. A public hearing was held and the Transportation and Environment Committee will take up discussion of the category changes Feb. 5.

LETTER TO THE EDITOR

Council To Decide On Pesticide Use

To the Editor:

Spring is just around the corner and if the Montgomery County Council has its way, residents will learn to live with weeds, ticks, grubs and Mother Nature's other irritants. The council, at the urging of a small group of advocates, has introduced a bill (52-14) that would prohibit the use of virtually all lawn, landscape and ornamental pesticides

on private and county property by homeowners or professional applicators.

Described by some as a children's health initiative, the bill has little basis in health or science, according to a scientist who spent 11 years with the EPA's Office of Pesticides and Toxic Substances. Stuart Cohen, a Ph.D. environmental chemist and Montgomery County resident with 39 years of experience, testified that the bill fails “to acknowledge the extensive testing — typically more than 80 studies, at least 18 of which are in toxicology — and a thorough federal review of each proposed

pesticide's use pattern,” to ensure “a reasonable certainty of no harm” before a pesticide is approved and registered by the EPA.

If the council prevails, county residents could buy lawn care products, but they can't use them. If this concerns you, please contact your County Council representative and attend the hearing in Rockville Feb. 12.

Chris Cathcart

Potomac

The writer is president and CEO of the Consumer Specialty Products Association, which represents the interests of household products, including lawn care.

An Oasis for Learning

FROM PAGE 3
OASIS.

Potomac resident Cindy Oser registers each session for classes and "Meet-up" tours with OASIS. "The day I receive the brochure, I circle what I'm interested in and sign up, since the classes fill up quickly. I love OASIS because it offers single classes taught at 10:30 a.m. or 1 p.m., the lecturers are outstanding experts in the field, and the classes are very inexpensive — usually \$10. Most are held at Montgomery Mall or at close-by facilities. Some of my favorites have included a tour of the Underground Railroad in Montgomery County, lectures by State's Attorney John McCarthy on High Profile Trials in Montgomery County, touring the the Supreme Court and the Library of Congress with an excellent guide, Ambassador Philip Wilcox speaking on conflict between Israel and Palestine, and musician Daryl Davis' lectures on Rock and Roll and the Ku Klux Klan. The tours are excellent, the classes informative and interesting and I love learning about new topics," she said.

Just a few of the multitude of classes offered for the Winter-Spring term include "The Queen of Country Music: Patsy Cline," "The Steep Ascent: A Visit With Anne Morrow Lindbergh," "Aromatherapy for Fun and Wellness," "Fighting Hate, Teaching Tolerance, Seeking Justice," "The Scoop on Sports with George Solomon," "Tomorrow Has Arrived — Robotics Today," "Beginning, Intermediate and Advanced Spanish," "Winning Germ Warfare in the

SEE PROGRAM TARGETS, PAGE 8



PHOTO CONTRIBUTED

Volunteers can change a life "One orange slice at a time" with the Oasis CATCH Healthy Habits program.

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN DECEMBER 2014, 57 POTOMAC HOMES
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December, 2014 Sales, \$839,000~\$1,020,000

1 9455 Turnberry Drive —
\$1,020,000



3 7828 Hidden Meadow Terrace
— \$1,000,000



4 10510 South
Glen Road —
\$1,000,000



6 7809 Hidden
Meadow Terrace —
\$965,000



7 10812 Admirals Way — \$950,000



10 11116 Hunt Club Drive — \$839,000



Address	BR	FB	HB	...	Postal	City	...	Sold Price	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 9455 TURNBERRY DR	3	..	2	..	2	POTOMAC	...	\$1,020,000	Townhouse	..	0.08	20854	AVENEL	12/29/14
2 2 WINTerset CT	4	..	3	..	1	POTOMAC	...	\$1,010,000	Detached	0.42	20854	WINTerset	12/17/14
3 7828 HIDDEN MEADOW TER	4	..	3	..	1	POTOMAC	...	\$1,000,000	Townhouse	..	0.08	20854	RIVER FALLS	12/16/14
4 10510 SOUTH GLEN RD	4	..	4	..	0	POTOMAC	...	\$1,000,000	Detached	3.42	20854	...	POTOMAC FARM ESTATES	...	12/18/14
5 10626 BEECHKNOIL LN	5	..	4	..	0	POTOMAC	...	\$995,000	Detached	0.22	20854	PINEY GLEN VILLAGE	12/19/14
6 7809 HIDDEN MEADOW TER	4	..	3	..	1	POTOMAC	...	\$965,000	Townhouse	..	0.10	20854	RIVER FALLS	12/18/14
7 10812 ADMIRALS WAY	5	..	3	..	0	POTOMAC	...	\$950,000	Detached	1.14	20854	POTOMAC	12/01/14
8 11103 POTOMAC CREST DR ..	4	..	3	..	1	POTOMAC	...	\$850,000	Townhouse	..	0.10	20854	POTOMAC CREST	12/02/14
9 11409 GRUNDY CT	4	..	4	..	1	POTOMAC	...	\$850,000	Detached	0.71	20854	BEDFORDSHIRE	12/12/14
10 11116 HUNT CLUB DR	5	..	4	..	1	POTOMAC	...	\$839,000	Detached	0.25	20854	FOX HILLS	12/10/14

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ENTERTAINMENT

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

ONGOING

“Circus.” Through Sunday, Feb. 15 at The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd. In grand circus tradition, the “Grandest Show on Strings” features a collection of clowns, death-defying acrobats, and an amazing menagerie of fauna from the farthest reaches of the globe. Many of the acts were built more than 50 years ago by Christopher’s parents for “Len Piper’s International Marionette Circus.” Visit www.thepuppetco.org to learn more and purchase tickets.

“Whimsical.” Through Feb. 15, Saturdays and Sundays noon-6 p.m. at the Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents “Whimsical” a two-person show featuring the work of Pam Rogers and Len Harris. Len Harris’ wood sculptures use sensuous ribbons of wood to define the compositions. Pam Rogers’ abstract organic watercolors are informed by her sculptural work. Together, the two artists complement one another. Visit www.glenechopark.org or call 301-634-2222.

“A Day at the Pool.” Through Feb. 23 at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Boulevard, Glen Echo. “A Day at the Pool” depicts the anxiety that underlies a mother’s love. Na’ama Batya Lewin is a photographer and video artist living in Maryland. Her art often explores the roles of women in society. Lewin has served as adjunct faculty at the Corcoran College of Art and Design for 11 years. The Gallery is open Saturday, 1-4 p.m.; Sunday, 1-8 p.m. and any time a photography class is underway. Visit www.glenechophotoworks.org.

“Jewels” by Wayson Jones. Through March 1, Saturdays and Sundays, noon-6 p.m. at the Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents “Jewels” by Wayson Jones. The exhibition showcases original paintings and collages. The work includes abstract, minimal landscapes that can be viewed from a dual perspective: the horizon line seen from a normal view shifts to become a shoreline or border as seen from the air. Visit www.glenechopark.org or call 301-634-2222.

The Silk Work of Diane Tuckman. Through March 1, Monday-Saturday, 10 a.m.-6 p.m. at Park View Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents a solo exhibition featuring the work of silk painter Diane Tuckman. Her pieces are full of color and can be displayed or worn. Visit www.glenechopark.org or call 301-634-2222.

FRIDAY/JAN. 30-SUNDAY/MARCH 8

“Petite Rouge, A Cajun Red Riding Hood.” Through Sunday, March 8 at Adventure Theatre MTC, Glen Echo Park, 7300 MacArthur Blvd. Take a toe-tapping trip to the bayou in this family-friendly, Zydeco-driven musical soaked in N’awlins hot sauce. Based on the classic fairy tale and adapted from the book by Mike Artell and Jim Harris, a red-hooded duckling named Petite Rouge and her sidekick cat lead the Big Bad Gator on a wild “duck” chase through New Orleans and Mardi Gras. Will they make it to Grandmere’s house with a basket full of Cajun goodies? Visit

www.adventuretheatre-mtc.org to learn more.

SATURDAY/FEB. 7

Pike & Rose Audio-Visual Arts Festival. 6 p.m.-2 a.m. at 11580 Old Georgetown Road, North Bethesda. The Pike & Rose audio visual arts festival will include performances and site-specific installations by artists from Washington D.C., Baltimore, New York, Boston and abroad, creating a multi-sensory environment to explore and experience. Free but requires an online RSVP. Visit www.pravafest.org.

Swing Workshop. 6:30-8 p.m. in the Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd. Preceding the dance with Josh and Good Old Stuff. Workshop is for experienced dancers who have a solid foundation in six- and eight-count Jitterbug and Lindy Hop patterns and is not suitable for new dancers. \$15 for just the workshop in the Back Room Annex, 6:30-8. Attend both the workshop and the evening dance, 9 p.m.-midnight, \$25. No pre-registration. Cash, check and credit card payment accepted. Visit www.glenechopark.org or call 301-634-2222.

Washington Conservatory 2014-15 Piano Plus! Concerts. 8 p.m. Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda. Cellist Danielle Cho will perform as part of the Washington Conservatory Piano, Plus! concert series. Following the concert, the audience is invited to a wine reception and question and answer session Cho in the lower level social hall. Free (pay-as-you-can, donations welcome). Visit www.washingtonconservatory.org or call 301-320-2770 for more.

“Extreme Chopin” Project. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Pianist Brian Ganz celebrates the halfway point in his Extreme Chopin project with a fifth all-Chopin recital in partnership with the National Philharmonic. This next installment in Ganz’s venture to perform approximately 250 works by Chopin will feature “The Art of the Mazurka”, Polish folk dances that originated near Chopin’s native Warsaw. Children 7-17 admitted for free. Free parking. For more information or to purchase tickets visit nationalphilharmonic.org or call 301-581-5100.

SUNDAY/FEB. 8

Film Screening: “Ilo Ilo.” 10 a.m. at Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Cinema Art Bethesda will be screening “Ilo Ilo” (Singapore 2013; in Mandarin, Tagalog and Hokkien with English subtitles), winner of the Golden Camera at the Cannes international Film Festival (2013). \$15; includes post-screening discussion, coffee and bagels. Visit cinemaartbethesda.org or call 301-365-3679.

Wagging for Wines. 6-9 p.m. at The Winery at Olney, 18127 Town Center Drive, Olney. Pet-loving wine drinkers (and their pooches — dogs attend free) help our homeless, four-legged friends. Sample wines, enjoy small bites and sweet treats. Silent auction items include tickets to sporting events and shows, an android tablet and a Coach handbag. Treats for pooches as well. \$25. Visit www.mchumane.org/WaggingforWines.shtml.

THURSDAY/FEB. 12

Comedy Fundraiser. 7:30 p.m. at the Jewish Community Center of Greater

Washington, 6125 Montrose Road, Rockville. Evening of Comedy to benefit seven Jewish community organizations dedicated to providing the best quality of life to individuals with disabilities. MC Live is a collaborative venture hosted by Capital Camps, Friendship Circle, the Jewish Community Center of Greater Washington, the Jewish Foundation for Group Homes, the Jewish Social Service Agency, Matan, and Sulam. For adults 21 and older and includes a bar reception at 6 p.m. (ID required). Comedians will take the stage at 7:30. Dietary laws will be observed. Ticket prices start at \$36 per person with special discounted rates for groups of 4 or more. \$40 at the door. Visit <http://mclivecomedy.blogspot.com>.

FRIDAY/FEB. 13

Cupids & Cupcakes. Noon-1:30 p.m. at Potomac Community Center, 11315 Falls Rd. Potomac. The Potomac Community Center presents “Cupids & Cupcakes,” a senior Valentine luncheon for active adults 55 and older. Includes lunch and musical presentation by Andrea & Chip. Spaces are limited. Pre-registration required, \$10. Call 240-777-6960.

SATURDAY/FEB. 14

“Love in the Safavid Period.” 2-6:30 p.m. at Exhibit9 Gallery, 10116 Lloyd Road, Potomac. Exhibit9 Gallery presents an art exhibition in conjunction with a gallery talk by Rudi Matthee. Artwork by Nasser Ovissi, Fariba Amini and more, as well as a collection of jewelry and apparel by Metropolitan Museum of Art. \$15. Reservation required by Feb. 12. Call 202-276-9419.

Valentine’s Day Red Dress Ball. 8 p.m.-midnight, in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. Celebrate Valentine’s Day at Flying Feet’s Red Dress Ball featuring the Eric Felten Jazz Orchestra. The night begins with a Swing lesson from 8-9 p.m. with Marc Shepanek and Ellen Engle, followed by dancing to Eric Felten from 9 p.m.-midnight. \$18. Visit www.glenechopark.org or call 301-634-2222.

MONDAY/FEB. 16

RPR in Concert. 7:30 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Steve Ritchie, Al Parrish and Rob Ritchie have reconnected and with the addition of percussionist Beaker Granger, RPR picks up where Tanglefoot left off. \$12-\$20 advance, \$20 door. Call 301-960-3655 or visit www.imtfolk.org.

FEB. 21-MARCH 15

“Out of Nothing.” Through March 15, Saturdays and Sundays, noon-6 p.m. at the Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents “Out Of Nothing,” curated by Blair Anderson, director of resident artist studio SilverWorks, and Michael Edwards, curator with The National Art Gallery of the Bahamas. Visit www.glenechopark.org or call 301-634-2222.

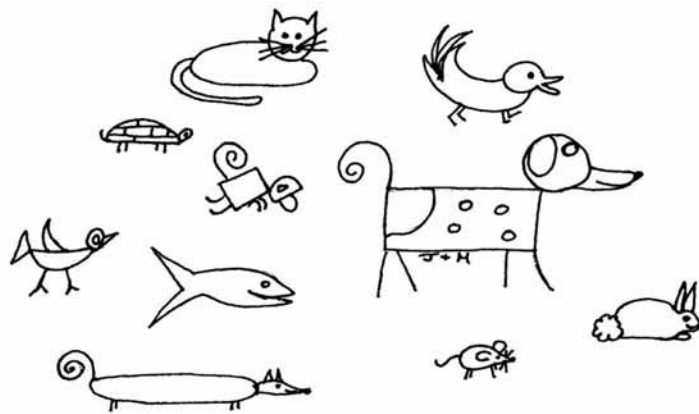
SATURDAY/FEB. 21

Play in a Day. 8 p.m. at Imagination Stage’s Lerner Theater, 4908 Auburn Ave., Bethesda. Six professional Washington, D.C. area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. \$15 online or at the door, beginning at 7 p.m. Call 301-215-6660 or visit www.bethesda.org for more.

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

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
FCPS Spring Break 3/30-4/3

APRIL

4/1/2015 Wellbeing – Senior Living Pullout
Easter Sunday is April 5
4/8/2015 HomeLifeStyle
4/15/2015 A+ Camps & Schools
4/22/2015 Real Estate Pullout – New Homes
4/29/2015 A+ Camps & Schools Pullout
4/29/2015 ... Mother’s Day Celebrations, Dining & Gifts I

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Volunteers Sought for Canal Classroom Corps

FROM PAGE 3

field trips to the park and learn from the volunteers have been enthusiastic about what they've seen and learned, Lynch said. Many report they've never been in the park before and are eager to return with their friends and family.

"We're pretty excited about it too," she said.

As are the volunteers.

When Carol Nase retired from teaching elementary school after 30 years, she was looking for a way to keep herself busy. A notice in a newspaper looking for volunteers with the National Parks Service caught her attention, and the park's close proximity, just three miles from her home, piqued her interest.

With one summer under her belt, she's eager to get back into the park and working with children.

"It's wonderful," Nase said. "I like the age group and making the stories of the past come alive for them. Many children have never been there before, and there's a lot of history."

It's important for the students to understand the history of the canal, but she's got a loftier goal.

"If they learn about the canal and the park, maybe they'll start to love it," she said. "If they love it, they'll want to take care of it."

Last year, Nase helped develop the curriculum used for elementary students who visit the park during field trips, which can last from one hour to most of a school day, depending on how much time the school



PHOTO CONTRIBUTED

The Chesapeake and Ohio Canal National Historical Park is looking for new volunteers to serve as Canal Classroom Corps members and provide educational information to students from Maryland, Virginia and Washington, D.C. this spring and summer.

can allow the children to spend in the park. Whenever possible, the educators try to incorporate science, technology, engineering and math, better known these days as STEM, with activities that keep the students engaged.

Nase has also found herself in the role of student in this new activity.

"Teaching this, I've done so much more research on the canal," she said, further deepening her appreciation for the park in

her own backyard.

Deena Barlev is a new volunteer this year and is eager to get started.

A recent retiree herself, Barlev taught middle and high school for nearly 30 years and went back and forth about signing up for the Canal Classroom Corps.

"My first thought was, oh, that's perfect for me," she said. "My second thought was, no, maybe this is a terrible idea, but my third thought was, no, it's a great opportu-

Get Involved

For more information about the Canal Classroom Corps program, go to the C&O Canal National Historical Parks website, <http://www.nps.gov/choh/forteachers/index.htm>, or contact Hollie Lynch, education specialist, at 301-491-0149 or hollie_lynch@nps.gov.

nity for kids to discover this treasure in our community."

She feels her own interest in the park and the outdoors will help inspire a passion for nature in students.

"One of the qualities of an effective teacher is passion. If I have passion for what I'm teaching, the kids will get that as well," she said. "Kids don't care how much people know, but they know how much you care."

Barlev said she's seen firsthand how exposure to the outside world can change students. When she was a student teacher in Boston, she took a group of fourth and fifth grade students on a field trip to a nature center and the students were initially very uneasy.

"They were freaked out," she said. "They wouldn't set foot on the grass. They were afraid of what was in the grass. It broke my heart." An avid hiker, Barlev already volunteers as a trail steward for the Billy Goat Trail in Great Falls and sometimes spends her weekends riding portions of the bike trails where people can borrow bicycles for free to ride for up to two hours to see the park in a new way.

"I think this is a really important thing," she says of the Canal Classroom Corps. "I relish this park. I cherish it and the opportunity to help kids enjoy the park in their backyard."

Program Targets Those 50 Years and Older

FROM PAGE 5

Kitchen," "Gentle and Intermediate Yoga" and more. Women's and men's separate discussion groups are held on a weekly basis and book discussions are held monthly. Some classes include live performances by the instructor.

Anna Stokes, executive director of the Washington Metropolitan/D.C. OASIS program said, "OASIS is the best-kept secret in Montgomery County. Our class topics are selected from listening to our members and reading the evaluations filled out after each session. Many classes with our 'rock-star' instructors are taught every session because they are so popular and because we limit the number of people that can take each class. If there is no room in a class, you are then on a waiting list. Classes are small, which allows for interaction between the instructors and the attendees. Our "Meet-up Trips are extremely popular because the tours are fascinating and led by docents who are extremely well informed."

"OASIS is all about living and learning," said Stokes. "One retired social worker signs up for about 40 classes each trimester. She said that she enjoys finally having the time



PHOTO CONTRIBUTED

Spanish instructor Judith Lowe leads an Oasis class.

to take classes for fun. I've seen some wonderful intergenerational friendships form because our participants are active people who are interested in the world around them. We are also a wonderful place for anyone who has lost a spouse and looking for new ways to socially engage, exercise and add to their lives."

Additionally, OASIS offers classes to improve one's health. Active Start is a program

that combines Active Living Every Day, a behavior change discussion class, and ExerStart is a beginning level exercise class to help introduce physical activity into one's life. Every session, a physician offers a free class concerning a health issues. In January, the class was called "Bladder Matters" – a topic that was fully subscribed. Another program is the CATCH Healthy Habits program in which adults volunteer to help children combat childhood obesity by working with children in grades K-5 leading active games, sharing healthy snacks and teaching them about good food choices. More than 3000 volunteers and 16,700 children have benefitted from this program.

An OASIS program also provides volunteers to individually tutor and mentor children. Tutors complete a training program, learning how to instruct and encourage children in grades K-4. After completion of the training, volunteers are asked to commit to meeting weekly with a child throughout the school year. The program does understand that tutors may have vacation commitments or personal emergencies. One

does not need teaching experience but should be enthusiastic, patient, compassionate — and willing to serve as a friend and mentor. OASIS works with MCPS to pair the children with volunteers.

"This is an excellent opportunity to change a life by providing individual attention to help a child build confidence and experience success," Stokes said. "Everyone benefits from the relationship; some of the stories that the tutors tell are immensely heartwarming."

OASIS Connections is a program that features "Technology training that delivers results." These tech classes have enrolled more than 92,000 adults in classes to build skills and confidence in using computers, the Internet and portable devices. Some of the technology instruction includes the iPad, iPhone, Android tablet and Android phone, Computers, Windows 7 and 8 and Microsoft Office, Email, Internet and WiFi, Job search and resume writing, Facebook, Google, eBay, Picassa, Internet safety, genealogy, photography and more.

To learn more about OASIS, check out its website at www.oasisnet.org, send an email to washingtonmetro@oasisnet.org or call 301-469-6800, press 1, x211.

BULLETIN BOARD

FROM PAGE 2

assisting with grocery shopping and providing money management support. For more information and to RSVP, contact Mary Murphy at mary.murphy@seniorconnectionmc.org or 301-942-1049.

WEDNESDAYS/FEB. 4-MARCH 25

Deaf Adults Relationship Therapy Group. 5 p.m. at JSSA, 200 Wood Hill Road, Rockville. This eight session group is for adults 25 and older to share joys and sorrows, hopes and fears, coping mechanisms, and strategies for improving relationships. \$75 per session. (May be insurance reimbursable) The group meets from February 4 – March 25 at 5:00 pm. Pre-registration is required to attend. Email lkatz@jssa.org.

THURSDAY/FEB. 5

Public Meeting. 7-8:30 p.m. at Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo. Chesapeake & Ohio Canal National Historical Park (C&O Canal) is inviting the public to comment on proposed entrance and other fee increases. Fees collected at the park are critical to the park's operation, and 100 percent of the fees collected at the C&O Canal are invested in park projects. To provide written comments on the proposed fee increases, go to: <http://parkplanning.nps.gov/cocanalfees>. The public has the opportunity to comment on the increases for a 48-day period ending on Feb. 22.

SUNDAY/FEB. 8

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents political analyst and Washington Post columnist E.J. Dionne. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

MONDAY/FEB. 9

Chronic Pain Support Group. 1-2:30 p.m. at the Pain Connection offices, 12320 Parklawn Drive, Rockville. For anyone with chronic pain, their family and friends. Participants are welcome to bring pillows, mats, ice or hot packs to be comfortable. Call 301-231-0008 or visit www.painconnection.org.

WEDNESDAY/FEB. 11

Volunteer Training Session. 10 a.m.-noon at the Jewish Council on the Aging, 12320 Parklawn Drive, Rockville. Training sessions for volunteer drivers and grocery shoppers. For more information and to apply, contact Mary Murphy at mary.murphy@seniorconnectionmc.org or 301-942-1049.

Winter Speaker Series. 5:30-7 p.m. at the Planning Department headquarters, 8787 Georgia Ave., Silver Spring. The Montgomery County Planning Department is hosting the fourth session in its Winter Speakers Series. The Feb. 11 session, "Creating and Sustaining the County's Agricultural Reserve," traces the 35-year effort to protect the rural area and the working farms of upper Montgomery County. Visit www.montgomeryplanning.org/departments/onceandfuture for more.

How to De-Stress Your Family Workshop. 7:15-8:30 p.m. Har Shalom ECEC, 115 Falls Road, Potomac. Join as Elizabeth DuPont Spencer, LCSW-C, co-author of the "Anxiety Cure for Kids - A Guide For

Parents," therapist and presenter provides insight about stress and teaches how to make simple changes in thinking and life. Visit www.ccl-md.com.

THURSDAY/FEB. 12

Bereavement Workshop. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Forever Yours, a special workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine's Day. Free and open to any Montgomery County resident. Registration required, call 301-921-4400.

WEDNESDAY/FEB. 13

Bereavement Workshop. 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Forever Yours, a special workshop for widows, widowers and life partners who want to honor and remember their loved ones on Valentine's Day. Free and open to any Montgomery County resident. Registration required, call 301-921-4400.

WEDNESDAY/FEB. 18

Volunteer Training Session. 7-8:30 p.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Training sessions for volunteer drivers and grocery shoppers. For more information and to apply, contact Mary Murphy at mary.murphy@seniorconnectionmc.org or 301-942-1049.

FRIDAYS/FEB. 20 AND MARCH 13

Volunteer Training. Volunteers take a two-day training session to lead free Bone Builders exercise classes that help prevent falls and fractures caused by osteoporosis. The one-hour daytime classes, held twice-weekly throughout the County, are led by trained volunteers. Among other activities, volunteers will demonstrate the exercises, encourage and assist participants, and ensure a safe, clutter-free environment. Contact the Bone Builders Program at 240-773-8268 or email Emily.Glazer@montgomerycountymd.gov.

FRIDAY/FEB. 20

Chronic Pain Coalition Meeting. Noon-1:30 p.m. at Pain Connection, 12320 Parklawn Drive, Rockville. The National Coalition of Chronic Pain Providers & Professionals, a network of health providers, professionals, and organizations working on behalf of individuals with chronic pain, their families and their caregivers, is holding its first coalition meeting to more efficiently and effectively serve the chronic pain community. The guest speaker is Dr. Michael April, topic "Treating Sleep and Chronic Pain." Register at www.nccppp.org.

SATURDAY/FEB. 21

Spring Gardening Conference. At the University of Maryland Extension, Montgomery County Office, 18410 Muncaster Road, Derwood. "Adapt, Evolve, Engage: Gardening Strategies for Today and Beyond," will offer gardening workshops with topics include landscaping, creating a water garden, gardening in small spaces, using irrigation, creating a perennial shade garden, and growing herbs. \$55 (\$100 for two people who register together). The price covers coffee and refreshments, bag lunch, presentations, handouts, door prizes, access to speakers and on-line reference for presentations. Registration deadline Feb 17. Email MCMGConference@gmail.com.

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The Great Falls Connection

The Past Future is Now Present

By KENNETH B. LOURIE



Presumably, maybe even obviously, nearly six years into a "terminal" diagnosis, arrangements for a smooth transition of power should have been made already. But they haven't. Not being a parent, and with no real extenuating-type circumstances to consider, despite the rather precarious existence in which I find myself I've never felt strongly about taking the steps necessary to arrange for a future which didn't involve yours truly.

Selfish, stupid, stubborn or any number of other characterizations which don't begin with the letter "s," I've never put down anywhere on paper – literally or figuratively – what would, in the event of my death, need to happen, how any of it should happen, and/or why it would even happen. So far, as concerns my wife, Dina, should I in fact predecease her, I've pretty much left it to happenstance. Moreover, given her interests, it seems unfair of me to not assist her somehow in a post-Kenny world.

Still, I've always felt that doing so, however prudent and practical – and considerate – was bad luck, sort of; a version of negative reinforcement. By not thinking of death/planning for it, somehow I was preventing its occurrence, dare I say (given my original "13-month-to-two-year prognosis"), its inevitability. And though I don't specifically know why this uneasy feeling has manifested itself of late (I've not received any discouraging medical news of late), it has; and ignoring the consequences of my continuing neglect seems ill-advised.

In addition, throughout this cancer experience, it has been suggested that managing stress (among other anecdotal-type advisories: keeping a positive attitude, maintaining a sense of humor, being a compliant patient) would be beneficial in the short, medium and long term battle royal that all cancer patients endure. But diagnosis-to-date, I've not addressed this most stressful, what-to-do/what-needs-to-be-done problem. And though a properly executed will would certainly be a start, it would not be a finish. There are more mundane instructions and organizational details, tedious as they may be, which would likely drastically reduce a level of stress which unbeknownst to me and my conscious, has probably invaded my subconscious, with predictable effect. I don't imagine solving this problem would put a bounce in my step; however, it would definitely eliminate a potential drag on my coefficient. And if my life is going to be lived, the less drag on it, the better.

Whatever I can do to lighten the load should be priority number one. I don't want to be spinning my emotional wheels over here. Cancer imposes enough pressure externally; I don't need to add to it internally.

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

Area Prep Football Coaches React to End of Super Bowl XLIX

Majority say they would have called a run play from 1-yard line.

BY JON ROETMAN
THE ALMANAC

Tony Verducci still regrets not calling a timeout. Kyle Simmons is still bothered by failed personnel decisions. Trey Taylor remembers when he could have been a goat, but ended up a hero.

Football coaches spend countless hours during the season preparing their teams for game day. They must develop a strategy for attacking and defending against a particular opponent. They must choose which of their athletes will get the most playing time. And they must find a way to motivate their players to perform to the best of their ability.

After all the time, effort and emotion coaches spend preparing their teams for a game, sometimes a contest can be decided by a single decision.

On Sunday night in Glendale, Ariz., Seattle Seahawks head coach Pete Carroll and offensive coordinator Darrell Bevell combined to make a decision that will be remembered for years to come.

Seattle trailed the New England Patriots 28-24 with less than 1 minute remaining in Super Bowl XLIX. The Seahawks faced second-and-goal at the 1-yard line with the clock ticking and one timeout available. Through 59-plus minutes, Seahawks running back Marshawn Lynch, nicknamed "Beast Mode" for his violent running style and ability to break tackles, had amassed 102 yards and a touchdown on 24 carries, including a 4-yard run on the previous play that placed the ball just shy of the goal line.

ON THE VERGE of becoming the first team in a decade to win back-to-back Super Bowls, Carroll and Bevell called for a

pass play rather than handing the ball to their star running back. The play called for wide receiver Ricardo Lockette to run a slant pattern. In theory, Lockette, with the help of a "pick" from fellow receiver Jermaine Kearse, was supposed to flash open for a touchdown. But when quarterback Russell Wilson fired the football toward Lockette, New England rookie defensive back Malcolm Butler jumped the route and intercepted the pass, securing the Patriots' fourth Super Bowl championship of the millennium and leaving the Seahawks wondering what could have been.

Instead of putting the ball in the hands of the Seahawks' best player (multiple times if needed), Carroll and Bevell called for a pass play into a crowded area of the field and came up empty. After the game, the play call received harsh criticism from fans, media members, and players from other teams.

From ESPN.com: "Carroll botches Super Bowl."

From The Seattle Times: "Seahawks lost because of the worst call in Super Bowl history."

From the San Jose Mercury News: "Any way you look at it, Seattle's insane pass at the end of the Super Bowl was the worst play-call in modern sports history."

The following day, several high school football coaches from Northern Virginia and Montgomery County, Md., shared their thoughts about the final minute of Super Bowl XLIX. The majority of those who responded said they would have called a run play on second-and-goal from the 1. Some coaches acknowledged that it's easy to second guess a decision, and some shared tough decisions they had to make in the past.

Verducci, head football coach at Bishop Ireton (Alexandria, Va.), was "shocked" by

Seattle's decision to throw the football.

"In a similar situation against Green Bay [in the NFC Championship game on Jan. 18] the Seahawks ran 'read option' and Russell Wilson was virtually untouched scoring a touchdown," Verducci wrote in an email. "During the timeout [prior to first down], I would have called a power running play for Lynch on second down and the read option for Wilson on third down if they did not score. I would have used my final timeout if the second and third down runs were unsuccessful."

Verducci is haunted by his own tough decision gone wrong. Facing St. Christopher's in the 2011 state semifinals, Bishop Ireton led 34-31 with less than a minute remaining in the fourth quarter. St. Christopher's faced fourth-and-15 at its own 2-yard line with less than 1 minute remaining and no timeouts.

"My gut instinct was to call a timeout," Verducci wrote, "but I did not call one."

St. Christopher's executed a hook-and-lateral play that broke loose for a 98-yard touchdown and the Saints held on for a 38-34 victory.

"I still regret the fact," Verducci wrote, "I did not call the timeout to discuss the possibility of a trick play, among other things."

Simmons, who has led the Westfield (Chantilly, Va.) football team to four consecutive region championship games, was "surprised" Seattle opted to pass.

"They had one timeout left and an almost unstoppable running back," Simmons wrote. "I said out loud, Seattle just needs to run the ball now. ... I would have run the same play they ran on first down. They almost scored on that one."

Simmons said he remembers some of his failed choices as a coach.

"My biggest regrets come with personnel decisions," Simmons wrote. "And yes, when I look back on some of those decisions it bothers me very much."

Taylor was the head coach at W.T. Woodson (Fairfax, Va.) in 2008 when he called for a fake punt at the Cavaliers' own 10-yard line in a game against Westfield. The intended receiver on the play dropped the pass and Woodson went on to suffer a lopsided loss.

"The play was there, we just failed to execute," wrote Taylor, who is now the head coach at South Lakes (Reston, Va.). "... For the Westfield game, we knew we had to do some things out of the box to have a chance to win. We were prepared to do things like we did, so the decision didn't bother me because it was part of the game plan."

In 2009, Woodson defeated eventual region champion Lake Braddock 43-42 during the regular season. Taylor took a risk at the end of the game and it paid off.

"We score on a 90-yard screen play to pull within one with about a minute to go," Taylor wrote. "We opt for a 2-point conversion for the win. We convert and win the game 43-42. After the game, several people commented on how that isn't what they would have done. Since we won it was a good call.

If we wouldn't have, then everyone would have had a better idea. But at the moment, that is what felt right."

Seattle had the ball at the New England 11-yard line with 6 seconds remaining in the first half. The Patriots led 14-7 and the "safe" play would have been for Carroll to kick the field goal and go into the locker room down by four. Instead, he opted to run one more offensive play and it paid off with a touchdown pass from Wilson to Chris Matthews.

CARROLL'S DARING DECISION at the end of the game didn't pay off.

Whitman head coach Jim Kuhn said he would have run the ball in the final minute of the Super Bowl, but added Carroll would have been praised if the pass play had worked.

"I would have run my zone read with Lynch," Kuhn wrote. "He hadn't been stopped for less than a yard all game. He's going to at least fall forward and if the [defensive end] came hard down the line, Wilson keeps and walks into the end zone. ... Again, it's easy to second guess. If that pass is complete and the Hawks win the SB, we're all talking about what a great, gutsy call it is. "People criticize coaches all the time, it's part of the job. You have to have thick skin and get over it. If you dwell on it, it will ruin your coaching career."

Lake Braddock (Burke, Va.) head coach Jim Poythress defended Carroll, who led Seattle to a Super Bowl title the previous season and won a pair of national championships with the University of Southern California.

"Hindsight is always 20/20. Last I checked, Coach Carroll had won a lot of big games," Poythress wrote. "Everybody is a football expert on Monday. The nature of being a football coach (or a weatherman) is that you will get second-guessed. I wish I could show up at the work place of those who have criticized our program and say whatever ridiculous comment I wanted."

"Where were the experts after the NFC Championship [when Seattle overcame a 16-0 deficit to win 28-22 in overtime]? Didn't Coach Bevell lead the comeback? I take my hat off to Bevell for getting them to the 1-yard line [in the final minute of Super Bowl XLIX]. He did that with little time left and probably 100 million people watching. More importantly, I credit the Seahawk players for sticking together after the game. Nobody pointed fingers or laid blame. Even Marshawn Lynch, who everybody loves to hate, had only positive things to say about the call and his teammates."

Carroll, Bevell and Seahawks players will have all offseason to think about coming up 1 yard short of winning Super Bowl XLIX and the play call that led to the game-ending interception.

Will they get over the disappointment?

According to ESPN.com, the Westgate SuperBook and the William Hill sports book have Seattle as 5-to-1 favorites to win Super Bowl 50 following the 2015 season.

SPORTS BRIEFS

Whitman Girls' Basketball

Improves to 13-0

The Whitman girls' basketball team defeated Walter Johnson 65-41 on Monday, improving its record to 13-0.

Each of the Vikings' 11 victories against public schools has come by at least 10 points.

Whitman faced Churchill on Tuesday, after The Almanac's deadline. The Vikings will host Walter Johnson at 5:15 p.m. on Friday, Feb. 6.

Whitman Boys' Basketball Beats WJ

The Whitman boys' basketball team

earned its fourth win in five games, beating Walter Johnson 57-41 Monday.

The Vikings improved to 8-7 after a 4-6 start.

Whitman faced Churchill on Tuesday, after The Almanac's deadline. The Vikings will host Walter Johnson at 7 p.m. on Friday, Feb. 6.

Churchill Girls' Basketball Extends Win Streak to 7

The Churchill girls' basketball team defeated Poolesville 55-47 on Jan. 30, extending its winning streak to seven games.

The Bulldogs faced undefeated Whitman on Tuesday, after The Almanac's deadline. Churchill will travel to face Blair at 5:15 p.m. on Friday, Feb. 6.



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