

Potomac ALMANAC

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Sean Gallagher, Department of Facilities Management at Montgomery County Public Schools, said the industrial solar project on the Brickyard Road school site was designed for "cost avoidance."

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PHOTO BY KEN MOORE/THE ALMANAC

NOVEMBER 25 - DECEMBER 1, 2015

ONLINE AT POTOMACALMANAC.COM

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.

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News



PHOTO CONTRIBUTED

Youth volunteers are recognized for their dedication as pantry volunteers at the MCMF fundraising dinner on Nov. 14.

Muslim Foundation Helps the Needy

Annual event highlights charitable work.

BY SUSAN BELFORD
THE ALMANAC

Every November, the Montgomery County Muslim Foundation (MCMF) makes Thanksgiving dinner a reality for many families who cannot afford to purchase the many items needed for a bountiful Thanksgiving dinner. The organization's dedication does not only provide for Thanksgiving meals, they feed the homeless at local shelters, provide holiday gift baskets for Christmas, assist seniors, and keep the pantry full at Manna all year long. The MCMF's mission is to reduce the sufferings and hunger of less fortunate residents of Montgomery County regardless of their faith, race, color or ethnicity.

More than 200 community members were joined at the MCMF Nov. 14, annual fundraiser dinner by County Council President George Leventhal; Director of the Office of Commu-

nity Partnership Bruce Adams; Interfaith Community Liaison Rev. Mansfield Kasey Kaseman; state Delegates Aruna Miller and Kumar Barve; and state Sen. Susan C. Lee. Leventhal complimented the MCMF for its extensive charitable work and efforts to help the needy: "Our county values so highly the work done by the MCMF to feed the hungry and assist the poor and elderly. MCMF is a great public example of the generosity and compassion that is fundamental to Islam."

Several partner and recipient organizations were also represented at the dinner. They were, Shane Rock, CEO Interfaith Works and Pricilla Da Rocha, outreach coordinator for Interfaith Works, Idris Mokhtarzada from Manna Food Center and Tony and Joyce Seamans from Adventist Community Services.

"Need is not confined to any race, ethnicity, nationality, gender or faith. Poverty is indiscriminate, which makes the work of the MCMF

even more critical for the community safety net," Rock said. "MCMF serves the entire community, helping the most vulnerable in Montgomery County, regardless of their faith, to regain stability and hope. MCMF is a vital partner in the Interfaith Works service to those experiencing homelessness or poverty in Montgomery County."

Mokhtarzada said, "By mobilizing the MCMF membership to conduct food drives for Manna, MCMF increases the possibility of ending hunger in our community, and we are grateful for their partnership."

Seamans also had words of appreciation for the organization. "The meat from MCMF is such a blessing for the low-income residents of Takoma Park that we serve. Their food budgets are too low to afford much meat and the other food supplement programs seldom include meat."

MCMF also provides nearly 200 seniors and

SEE HIGHLIGHTING, PAGE 9

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www.PotomacCommunityVillage.org

Groundhog Day?

Brickyard Coalition and neighbors brace for latest proposal on Brickyard Road School site: an industrial solar array.

By MARY KIMM
THE ALMANAC

More than 100 people turned out at Seven Locks Elementary School in Potomac on Tuesday, Nov. 17, to hear about Montgomery County Public School's latest proposal for a 20-acre "future school site" on Brickyard Road.

This time, the proposal is to fill the former organic farm nearly edge-to-edge with ground-mounted solar panels and to surround the entire site with a chain link fence topped with barbed wire.

For more than 30 years, the site had been leased to Nick Maravell and operated as an organic farm. The property is isolated from commercial farms, allowing for the production of heirloom GMO-free seed corn and soybeans. In 2011, County Executive Ike Leggett announced as a fait accompli turning the site over to become a soccer complex, but he abandoned that after nearly two years of community opposition and legal battle in Montgomery County Circuit Court. Still, the organic farm was locked out of the site in early 2013, and it has been idle since then.

TWO LOCAL COMPANIES, SunEdison and Standard Solar responded to MCPS request for proposal to expand the use of solar energy in the schools, including eight projects for solar panels on rooftops of school buildings, and possibly over school parking areas. As part of the process, the companies were invited to look at school property for large ground-mounted facilities, and that process brought them to three future school sites, including Brickyard Road. The other two sites are a future middle school site on Warfield Road in Gaithersburg, which is currently leased out as a driving range, and Cashell Road in Rockville. The school system has been working on the proposal since January 2015.

The Brickyard Road site and the other two were selected because the projects require at least 20 acres not covered by forest, that would not be needed for schools for at least 10 years, said Sean Gallagher, with Facilities Management at Montgomery County Public Schools.

As proposed, solar energy produced by the Brickyard site could produce \$90,000 annually in cost savings, Gallagher said. The combined benefit of the three sites would be \$2.4 million annually. Cost of construc-

Get Involved

Find out more:
<http://www.montgomeryschoolsmd.org/departments/facilities/construction/project/solarprojects.aspx>
Comments due by Jan. 1, 2016
Shela Plank
MCPS Energy Program Manager
MCPS Department of Facilities Management
shela_plank@mcpsmd.org

WWW.CONNECTIONNEWSPAPERS.COM

SYSTEM DESCRIPTION	
SYSTEM SIZE (DC)	3.87 MW
SYSTEM SIZE (AC)	1.98 MW
ESTIMATED YIELD (AC)	3,854 kWh/yr
SITE AREA	20.6 ACRES
ENCLOSED AREA	11.8 ACRES



Solar array as envisioned for the Brickyard Road site; ground mounted panels would cover 12 acres of the site, with a chain link fence topped by barbed wire surrounding.



Byron Bloch: "The Board of Education is suddenly in the energy business instead of following your mission using the farm to teach children." Bloch pointed to alternative sites.



C.J. Colavito of Standard Solar and Mike Volpe of SunEdison answer questions about their proposal to build an industrial solar array on the Brickyard Road school site.

tion would be about \$5 million, he said, although the projects as currently proposed do not include costs of landscaping or screening to buffer residential neighborhoods.

Gallagher identified the primary motivator for the projects "to be good stewards" of the school system's energy expenditures, and for "significant cost avoidance." State and federal tax credits and incentives are included in the cost savings.

RECENTLY PASSED Board of Education policy on managing school property states that interim use of undeveloped property should be consistent with its zoning classification, the community should be consulted about preferred uses, the lease should not be for more than three years, and priority will be considered for programs that benefit MCPS students, their families, or staff.

The new policy, "Management of Board

of Education Property," in part was motivated by confusion and conflict over past proposals for the Brickyard Road site.

Industrial use is not permitted by the zoning, RE-2 or one house per two acres, on the Brickyard Road site or the surrounding neighborhood.

"You simply can't build this under the current [zoning] code," said Curt Uhre of the Brickyard Coalition. Uhre was instru-

SEE SOLAR PANELS, PAGE 4

Solar Panels Proposed for Brickyard Site

FROM PAGE 3

mental in the successful opposition to a soccer complex on the site that was proposed in 2011 and abandoned in 2013.

Gallagher responded about compliance with the zoning: "It's a loose end that needs to be addressed."

Dennis Kelleher, who lives across the street from the site on Brickyard Road, called the economic justification for the project "a joke," and described the proposal as "wholly inappropriate."

"We pay a lot of taxes," Kelleher said. "The county and the Board of Education seem determined to destroy our neighborhood."

Since the county gave up the plan for a soccer complex, the community has faced the possibility that the site would be used for a school bus depot, or that Potomac Elementary School might be relocated to the site.

AS EACH MEMBER of the audience asked questions and made comments, Gallagher told them to follow up by sending their comments to a school employee via email or mail.

"The purpose of this meeting is to provide information to the community," he said. Even though more than 100 people were there to provide input about the project, the meeting was not designed to capture community comment, and responsibility fell to the community members to take another step for their input to be recorded.

Susanne Lee of West Montgomery County Citizens Association asked about the process going forward, but Gallagher was unable to detail whether there would be public hearings on this proposal. He cited the general public comment period at regular Board of Education meetings.

"You can't build an industrial system like this without having a negative effect on property values," said Charles Doran, a Brickyard Road resident. "The loss in taxes from decline in value of the houses right around [the site] will exceed the solar revenue." Doran predicted a net loss in revenue.

Most nearby residents who attended the meeting said they had received no notice



More than 110 people came to Seven Locks Elementary School to hear about a proposal to fill a 20-acre future school site on Brickyard Road with ground-mounted solar panels. A Montgomery County Public Schools request for proposals resulted in preliminary plans to put an industrial solar array on three sites in the county.

from the school system, but instead heard about the proposal in the last few weeks from Brickyard Coalition newsletter and the local newspaper.

In addition to people who live near the Brickyard site, the meeting was attended by advocates of continuing an organic farm on the site, and virtually every person who spoke expressed support for solar projects. But many questioned why there was no RFP for operating an educational farm on the site, that was home to an organic farm for 30 years.

"To be clear, we support MCPS investments in energy efficiency and renewable energy," said a letter from Save Our Soil, a group that advocates for organic farming in Montgomery County. "We simply think the MCPS should install solar panels on top of school buildings, and over existing school parking lots and bus depots, rather than destroying precious organic farmland and other green spaces."



Curt Uhre, founder of the Brickyard Coalition.

"It doesn't make sense to destroy an organic farm to get solar energy," said Sophia Maravell, who operated an educational program on the property alongside an organic seed farm. "That's not a good environmental message to be teaching our kids." Maravell also cited the educational benefits and the amount of carbon absorbed by the organic soil on the site.

In its last year, the Brickyard Educational Farm introduced local students to organic farming on the site as well.

Brickyard Educational Farm was a non-profit that hosted 600 students out on the land before the lease was terminated, including students from Bullis, Georgetown Day School, Barnesville School, and City of Rockville summer camps.

Uhre also questioned why the proposal didn't include screening to protect adjacent properties. "It seems rather odd that you would propose putting an industrial solar array in a residential neighborhood with no

Management of Board of Education Property

Montgomery County Board of Education Policy DNA-EA, DNA-RA

Excerpts:

b) The interim use of undeveloped property should be consistent with its zoning classification and applicable laws.

c) Community feedback for the interim use are considered in the recommendations of the superintendent of schools for lease of the property.

d) Leases shall be awarded by competitive sealed bid or request for proposal.

e) Leasing conditions should prohibit substantial alteration of property and purposes that interfere with future use for Montgomery County Public Schools (MCPS) educational purposes.

f) As a part of the lease term, the superintendent of schools or his/her designee will evaluate permitted improvements made by the tenants, consider the impact of the improvement on the surrounding community, and determine whether the improvements should be removed by the tenant or kept for future school use.

g) All lease terms shall be a maximum of three years with a renewal option determined by the Board. The Board has the option to allow a longer term under special circumstances. ... The superintendent of schools shall advise the Board of any pending request for a lease term longer than three years during the negotiation process.

h) All new leases and renewals will require approval by the Board.

i) When leasing properties, priority will be considered for programs that benefit MCPS students, their families, or staff in accordance with applicable laws.

<http://www.montgomeryschoolsmd.org/departments/policy/pdf/dna.pdf>

landscape buffer."

Mike Volpe of SunEdison replied that MCPS's request for proposal did not call for landscaping and screening, and SunEdison left it out "to provide the best economic bid that we could."

"There is no new green space being created here," said Greg Smith. "Each acre is precious. I oppose construction of these arrays on any arable land."

"We have an unintentional gift here," said Ed Guss who lives nearby. "It totally baffles me why a Board of Education that is supposed to be responsible for the education of children would, with an opportunity to educate the next generation of leaders dealing with climate change, be forsaking that opportunity."



Dennis M. Kelleher lives directly across Brickyard Road from the site.



Tory Cowles



Sophia Maravell advocated for an educational farm on the site.

BUSINESS

Equilibrium Activewear Debuts in Potomac

**Stacy Holstein
adds clothing line.**

BY SUSAN BELFORD
THE ALMANAC

Potomac's Stacy Holstein is a fitness guru — a personal trainer, nutritionist, fitness class instructor, and a weight loss consultant. Her company, "Personal Velocity" is dedicated to personal training for the body and mind. Her clients benefit from the Coretastic program, which helps to sculpt abs, strengthen the back and spinal muscles and tone the glutes and thighs.

"The Coretastic program helps clients feel and look better in their clothes, improve their sex life with tighter pelvic floor muscles and become healthier, more energetic and flexible," she said.

As a trainer and fitness teacher, Holstein has been searching for years for quality fitness clothing that would wash well, resist sweat and odor, fading and ripping — and double as "Activewear Beyond the

BUSINESS NOTES

Teaching Strategies, a developer of early childhood education curriculum and assessment resources, is relocating from Wisconsin Avenue in Bethesda and expanding its headquarters to a new location on East-West Highway, also in Bethesda.

The Bethesda office of **Weichert, Realtors**, was recognized for exceptional industry success in October 2015.

Gym."

At a DC Aerobics Convention she discovered Equilibrium Activewear and immediately bought it to try out — and found it to be the answer to her desire for "attractive, edgy clothing that is comfortable, lasting and fits well." Holstein is now representing Equilibrium Activewear as its director of marketing for the Mid-Atlantic. She introduced the clothing to Potomac at the WHC Sisterhood Show, at the Mayfield Market this weekend and will hold a show next weekend at Salon 4, 130 Rollins Avenue, Ste. C, Rockville. She also sells the clothing from her website www.coretastic.net.

The colorful clothing is created from a new technical fabric called Supplex which is breathable, soft, fast drying, durable and allow for freedom of movement. "It literally massages the legs all day and helps with circulation. It's colorful, stylish and functional clothing that won't wrinkle so it is perfect for going from the gym, to lunch or to any activity," Holstein said. "Activewear includes workout leggings with tops and jackets, tennis dresses, skorts and tops, capris, and zumba pants."

Director of Business Development Pep Menendez says that the company is currently selecting patterns from artists, muralists and graphic designers: "We do limited runs of fabrics so you won't see the person next door wearing the same clothing. This is a whole new generation of trendsetting activewear."

See www.equilibriumactivewear and www.coretastic.net.



PHOTO CONTRIBUTED

Pep Menendez and Stacy Holstein show Equilibrium Activewear at the WHC Sisterhood Boutique.

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OPINION

Celebrate, Shop, Dine Locally

Every day can be “small business day.”

There is a joy to participating in community traditions and celebrations during the holidays, from walking along a sidewalk with the streets decked out for the holidays, to shopping in local stores, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambiance available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that is otherwise unmatched.

We all benefit when local stores thrive, when local business districts beckon. An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving, also called

Shop Small. This year that day is Nov. 28.

Locally owned retail shops, services, restaurants depend on vibrant local communities to thrive, and communities depend on those businesses as well. Most small, locally owned businesses invest in community, helping to transform our towns and communities with a sense of place.

Frequently, it is the small retail person who is active in fundraising for local charities, advocating for improvements, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers. But local families will literally spend millions of dollars to shop and exchange gifts during the next month in a variety of places.

Everyone will do some of their shopping at the mall. Everyone will shop online. Many will answer the call of the big box. But local shoppers should be sure to do some celebrating, shopping and dining locally. We promise it brings more joy.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Children's Almanac

During the last week of each year, The Almanac devotes its entire issue to the creativity of local students and children. It is a keepsake edition for many families. The annual Children's Almanac is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide submissions by Friday, Dec. 4.

Email submissions for the Children's Almanac to almanac@connectionnewspapers.com.

VIEWPOINTS

What are you thankful for?

Maria Passero, Potomac

"I am grateful for my beautiful family, my wonderful friends and all the blessings that surround me. Happy Thanksgiving."



Barbara Stewart, North Potomac

"I am grateful for my new granddaughter."



Pam Glass, Potomac

"I am so grateful that my husband and daughter were not in Paris during the attack because they were there the weekend before."



Brennan Schaller, age 5

"I am grateful for my Mommy and Daddy."



Melissa Mollet, Gaithersburg

"I am grateful for good health and happiness."



Jake Schaller, Gaithersburg

"I am grateful for Notre Dame being in the National Title hunt!"

BULLETIN BOARD

Email announcements to 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.

SATURDAY/NOV. 28

Wootton 15-year Reunion. 7-11 p.m. at Positano Ristorante Italiano, 4948-4940 Fairmont Ave., Bethesda. Join classmates from Thomas S. Wootton High School's Class of 2000. Admission is \$20 in advance and \$40

at the door. Visit www.woottonclassof2000.com.

TUESDAY/DEC. 1

Public Hearing. 1:30 p.m. at Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on Expedited Bill 48-15 that would extend the end for the County's minority owned business purchasing program; and generally amend the County's minority owned business

purchasing program. Visit www.montgomerycountymd.gov.

Public Hearing. 1:30 p.m. at Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on a Special Appropriation to Maryland National Capital Park and Planning Commission's Fiscal Year 2016 Operating Budget of \$84,731 for operations of Woodlawn Stone Barn Visitors Center. Visit www.montgomerycountymd.gov.

TUESDAY/DEC. 8

Public Hearing. 11:30 a.m. at Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on Expedited Bill 47-15 that would revise the life of a credit certified after a certain date; allow a credit for reconstruction of an existing road; and generally amend County law regarding impact taxes. Visit www.montgomerycountymd.gov.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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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

Christmas Tree Sale. Cabin John Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 for more.

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit www.store-locator.barnesandnoble.com/event/4824850-21.

Adult Single Night. Saturdays, 9 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit www.bennysbargrill.com.

"Photo Slam: The Exhibition."

Through Nov. 29, gallery hours at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Images from the Photo Slam 2014 by Prescott Moore Lassman, Pablo de Loy, Valerie Makepeace and Tanguy de Carbonnieres will be on display. Free. Visit www.glenechophotoworks.org.

Oasis Art Gallery Exhibit. Through Nov. 30 at The Oasis Art Gallery inside Macy's Home Store at Westfield Montgomery Mall, 7125 Democracy Blvd., Bethesda. Artists Lieta Gerson and Lindan Silvers will display their work. Free. Visit www.oasisnet.org/washington.

Artists & Makers Studios

November Exhibits. Through Nov. 30, 9 a.m.-4 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Suite 210., Rockville. "These Go To Eleven," an exhibit featuring the works of 11 metro Washington, DC artists curated by Stephen Boocks, will be displayed in the two main galleries. A second exhibit, "Merry Monuments: A Brighter District" by artist Mary Gallagher Stout will be shown in the new gallery hall. Free. Visit www.artistsandmakersstudios.com.

"Originale." Through Nov. 30, 10 a.m.-8 p.m. Monday-Saturday, 12-6 p.m. on Sunday at Persiano Gallery and Design Center, 188 Market St., Potomac. Artist Yolanda Prinsloo presents artwork in graphite and paint. Free. Visit www.persianogallery.com for more.

Kate Westfall: "DAEDAL Adj. rich, intricate, adorned." Through Dec. 13, gallery hours at VisArts, 155 Gibbs St., Rockville. Solo exhibition of new work by ceramic artist Kate



Saturday, Dec. 12, the artists of the Artists & Makers Studios will open their workspaces for holiday shopping. Find jewelry, silk painting, glass, printmaking, ceramics, watercolor and acrylic painting, oil painting, fiber art, mixed media, graphic design, encaustic and more. Open Studio Saturday will 12-5 p.m. at 11810 Parklawn Drive, Suite 210, Rockville. Visit www.artistsandmakersstudios.com for more.

Westfall. The functions of the vessels included in this exhibition vary from daily use to ceremonial, underlining the importance of ritual, community and beauty in every aspect of our lives. Free. Visit www.visartsatrockville.org.

Diana Ludet: The Bresler

Residency. Through Dec. 13, gallery hours at VisArts, 155 Gibbs St., Rockville.

"Project 837, Part 2." Through Dec. 13, gallery hours at VisArts, 155 Gibbs St., Rockville. An exhibition series intended to start a conversation about the definition of home and homelessness. The exhibition includes contemporary artists, the public, activists and organizers for workshops, gallery exhibition and symposium. Free. Visit www.visartsatrockville.org.

THROUGH DEC. 23

"Entertaining Mr. Sloane." Various times at The Writer's Center, 4508 Walsh St., Bethesda. The Edge of the Universe Players 2 present a dark comedy by British playwright Joe Orton. Tickets are \$20. Visit www.writer.org for more.

THURSDAY/NOV. 26

Turkey Chase. 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Registration is \$10 for the Kid's Run, \$20 for the two-mile, and \$35 for the 10K. See www.turkeychase.com.

Vegetarian Society of DC

Thanksgiving Celebration. 12-4 p.m. at Bethesda Hyatt Regency, 7400 Wisconsin Ave., Bethesda. Vegetarians and non-vegetarian to enjoy vegetarian-friendly meals, live music, and more. Tickets are \$66 for members, and \$71 for non-members. Visit www.VSDC.org.

NOV. 27-DEC. 31

Winter Lights Festival. Sunday-Thursday, 6-9 p.m.; Friday-Saturday, 6-10 p.m. at Seneca Creek Park, 11950 Clopper Road, Gaithersburg.

Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Additional events include Wine Under the Lights, Run Under the Lights, Leashes 'n' Lights, and, S'More Lights & Trolley Rides. Visit www.gaithersburgmd.gov/leisure/special-events/winter-lights-festival.

NOV. 27-JAN. 3

"Garden of Lights." Various times at Brookside Gardens, 1800 Glenallan Ave., Silver Spring. More than a million colorful lights are shaped into hand-crafted, original art forms of flowers, animals and other natural elements. Stroll from garden to garden enjoying twinkling tree forms, fountains, sparkling snowflakes overhead and more. Tickets are \$25-30 per vehicle. Visit www.montgomeryparks.org for more.

SATURDAY/NOV. 28

"A Christmas Carol." 1:30 and 7 p.m. at F. Scott Fitzgerald Theatre—

Four Steps to a Smart Green Remodel

Want to incorporate green components into your remodel? Here are four steps to get you started.

Step 1: Get an energy audit. The beauty of this relatively inexpensive battery of scientific tests is that it will pinpoint and measure a house's energy deficiencies. A detailed inspection will uncover air leaks, equipment inefficiencies, inadequate insulation and other structural shortcomings that together add up to a drafty, uncomfortable and ultimately wasteful house.

Step 2: Draw up a Plan. Green building is a systems approach, meaning that mechanical and structural parts of the house are considered together. If, for example, a remodeling project includes changes to heating ducts or wiring, is there an impact on the air barrier? A plan anticipates these questions.

Step 3: Set priorities. Setting priorities is one way of making sure genuinely important issues are dealt with first, and lesser problems given the attention they really deserve.

First in line should be repairs to the basic structure of the house, especially those related to weather-tightness and structural stability. Next are improvements that make the house more energy efficient.

Step 4: Dig in. Two things to consider before the work begins are what to do with job site waste, and keeping the work area safe. With some advanced planning, recycling receptacles can be arranged. Some materials will have to be discarded, but keeping that to a minimum will help lower disposal costs while making the project less disruptive to the environment.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

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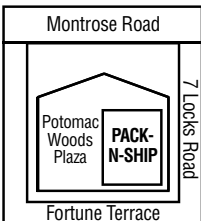
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ENTERTAINMENT

Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Hope Garden Children’s Ballet Theatre features young performers in a balletic interpretation of Charles Dickens’ classic. Tickets are \$22 for adults, \$19 for seniors and students. Visit www.hgcbt.org/christmascarol.

Swing Dance Party. 8 p.m. at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing lesson 8-9 p.m., dance 9 p.m.-12 a.m. London-based swing band Jive Aces will perform. Tickets are \$20. Visit www.gottaswing.com for more.

SATURDAY/SUNDAY/NOV. 28-29

“Serenade for Strings.” 8 p.m. on Saturday, 3 p.m. on Sunday at the Music Center at Strathmore, 5301 Tuckerman Lane. The National Philharmonic, led by Music Director and Conductor Piotr Gajewski, will perform Tchaikovsky’s “Serenade for Strings.” The concert will also feature Mozart’s Violin Concerto No. 4, performed by instrumentalist Chee-Yun, and Sibelius’ Rakastava. Tickets start at \$29 and are free for children ages 7-17. Visit www.nationalphilharmonic.org.

TUESDAY/DEC. 1

Holiday Concert. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The United States Air Force Band-Airmen of Note, Concert Band & Singing Sergeants perform. Free. Visit www.usadband.af.mil.

WEDNESDAY/DEC. 2

Fused Glass Holiday Ornaments Workshop. 7-8:30 p.m. at VisArts at Rockville, 155 Gibbs St. The fee is \$20. Visit www.visartsatrockville.org for more.

“Holidays Around the World.” 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Instrumentalists, guest performers, and two powerful choral ensembles share traditional music from South Africa, England, Sweden, Germany, and Puerto Rico during this Strathmore Children’s Chorus presentation. Tickets are \$18-25. Visit www.strathmore.org.

THURSDAY/DEC. 3

“The Hip Hop Nutcracker.” 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The Hip Hop Nutcracker re-imagines Tchaikovsky’s classic score through hip-hop choreography. Tickets are \$29-54. Visit www.strathmore.org.

FRIDAY/DEC. 4

Swing Dance With King Teddy. 8-9 p.m. lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Admission is \$18. Visit www.gottaswing.com.

FRIDAY-SUNDAY/DEC. 4-6

“The Nutcracker.” 7:30 p.m. on Friday, 12 p.m. and 4 p.m. on Saturday, 1 p.m. and 5 p.m. on Sunday at Robert E. Parilla Performing Arts Center–Montgomery College, 51 Mannakee St., Rockville. Metropolitan Ballet Theatre has been presenting the full-length traditional staging of The Nutcracker since 1989. Tickets start at \$19. Visit www.mbtddance.org for more.

SATURDAY/DEC. 5

Breakfast with Santa. 9-11:30 a.m. at Our Lady of Mercy School, 9222 Kentsdale Drive, Potomac. Families are invited to enjoy a pancake

breakfast, crafts, games and pictures with Santa. Visit the Secret Santa Shop to buy gifts for family and friends. Tickets are \$15. Visit www.schoololom.org.

Holiday Book Sale. 10 a.m.-3 p.m. at Davis Branch Library, 6400 Democracy Blvd., Bethesda. Book selection includes coffee table and art, collectibles and antiquarian, children’s books and more. Free. Call 240-777-0922.

Gingerbread House Workshop. 11 a.m.-1 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. Decorate an assembled gingerbread house with royal icing. The fee is \$20. Visit www.visartsatrockville.org for more.

Bethesda’s Winter Wonderland. 1-4 p.m. at downtown Bethesda. Kick off the holiday season with a live-sculpting presentation, a visit from Santa Claus, live entertainment and more. Free. Visit www.bethesda.org for more.

Winter Fun in the Great Indoors. 1:30-3:30 p.m. at Your Dog’s Friend Training Center, 12221 Parklawn Drive, Rockville. Instead of long walks, you can learn simple ways to use your dog’s natural drives – like sniffing, chasing, scavenging and exploring – in your dog’s everyday life. Free. Visit www.yourdogsfriend.org.

Workshop: How to Loiter by Paul Shortt. 2 p.m. at VisArts at Rockville, 155 Gibbs St. In this workshop, participants will explore alternative ways of loitering and discuss the issues surrounding loitering and how it affects public space and individuality. Participants will create pro-loitering signs that articulate new ways to loiter and will turn those signs into PSA-style commercials as an answer to the oppression of the homeless population. Free. Visit www.visartsatrockville.org for more.

Performance: Nancy Havlik. 3 p.m. at VisArts at Rockville, 155 Gibbs St. Dance performance in response to Paul Shortt’s “How to Loiter.” Free. Visit www.visartsatrockville.org.

Postcard Making: “News From Home.” 4 p.m. at VisArts at Rockville, 155 Gibbs St. Curators Yeim Bae and Yunjeong Hong will introduce creative ways of making postcards while exploring the concept of “home” with the audience. Free. Visit www.visartsatrockville.org for more.

“Winter Soundscapes.” 4 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Maryland Classic Youth Orchestras Philharmonic, Symphony, and Chamber Ensemble perform a holiday repertoire that includes Shostakovich’s dramatic Symphony No. 5. Tickets are \$15-25. Visit www.strathmore.org.

DEKA Piano Trio. 8 p.m. at Westmoreland Congregational UCC Church 1 Westmoreland Circle, Bethesda. The DEKA Piano Trio is comprised of faculty members of the Washington Conservatory: Violinist Ko Sugiyama, Cellist Danielle Cho, and Pianist Edvinas Minkstimas. Free, \$20 suggested donation. Visit www.washingtonconservatory.org.

SUNDAY/DEC. 6

Chanukah Brunch. 11 a.m.-2 p.m. at B’nai Israel, 6301 Montrose Road, Rockville. Members of The Jewish Holocaust Survivors and Friends of Greater Washington, The Last Generation – Child Survivors of the Holocaust and Descendants, The Generation After, and 3G friends and families are all invited. Singer Robyn Helzner will be the featured entertainer. The cost is \$20 for members of these groups and \$25 for non-members. Visit www.genafterdc.org for more.

Basic Woodworking Workshop. 12-

4 p.m. at VisArts at Rockville, 155 Gibbs St. Children ages 7-11 are invited to handcraft five separate wooden holiday ornaments or one decorative garland. Tickets are \$65. Visit www.visartsatrockville.org.

Clara Barton Holiday Craft Show. 1-5 p.m. at Clara Barton Community Recreation Center, 7425 MacArthur Blvd., Cabin John. Meet more than 50 local artists, crafters, and authors. All kinds of crafts for sale: jewelry, glass, fiber arts, pottery, ornaments, wood crafts, hand knit sweaters, paintings, prints, photography, books by local authors, soaps and lotions, cookies, honey and more. Free to attend. Visit www.friendsbcc.org for more.

Reading. 2-4 p.m. at The Writer’s Center, 4508 Walsh St., Bethesda. Reading by writers published by Washington Writers’ Publishing House, including Michelle Chan Brown, author of “Motherland with Wolves,” and Patricia Schultheis, author of “St. Bart’s Way.” A reception and book signing follows. Free. Visit www.writer.org for more.

WEDNESDAY/DEC. 9

Seth Kibel & Friends: Hanukkah Hodgepodge. 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Jazz, swing, and klezmer come together with multi-Wammie-winner Kibel and friends as they explore the intersection of Jewish and American music. Tickets are \$25. Visit www.strathmore.org.

“Let Freedom Sing.” 8 p.m. at Ohr Kodesh Synagogue, 8300 Meadowbrook Lane, Chevy Chase. Zemer Chai, the Jewish Chorale of the Nation’s Capital present “Let Freedom Sing: Songs of Justice & Celebration,” with special guests, The Bethesda-Chevy Chase High School Chamber Singers. Tickets are \$10. Visit www.zemerchai.org for more.

THURSDAY/DEC. 10

Holiday Wreath. 7-9 p.m. at VisArts at Rockville, 155 Gibbs St. Lead by instructor Kim Swanner, participants will make their own winter wreath. Cost is \$20. Visit www.visartsatrockville.org for more.

’Tis the Season with Brian Stokes Mitchell. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Brian Stokes Mitchell joins the Baltimore Symphony Orchestra SuperPops to to perform traditional and contemporary holiday favorites. Tickets are \$35-99. Visit www.bsomusic.org for more.

FRIDAY/DEC. 11

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend “football night.” Play soccer, basketball shooting, table tennis, and pool tournaments. Admission is \$5. Visit www.activemontgomery.org and use code #11950 to register.

FRIDAY-SUNDAY/DEC. 11-13

“The Nutcracker.” 7:30 p.m. on Friday, 12 p.m. and 4 p.m. on Saturday, 1 p.m. and 5 p.m. on Sunday at Robert E. Parilla Performing Arts Center–Montgomery College, 51 Mannakee St., Rockville. Metropolitan Ballet Theatre has been presenting the full-length traditional staging of The Nutcracker since 1989. Tickets start at \$19. Visit www.mbtddance.org for more.

SATURDAY/DEC. 12

Potomac Library Book Sale. 10

a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

Advice for Adopters, Fosters, and Other Dog Lovers. 11:45-1:45 p.m. at Your Dog’s Friend Training Center, 12221 Parklawn Drive, Rockville. Expert will discuss dog training and behavior, helpful pet products, and the many common issues that dog guardians face. Free. Visit www.yourdogsfriend.org/free-workshops.

Fused Glass Holiday Ornaments. 12-2 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. The fee is \$20. Visit www.visartsatrockville.org for more.

Open Studios Saturday. 12-5 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Suite 210, Rockville. Artists working in jewelry, silk painting, glass, printmaking, ceramics, watercolor and acrylic painting, oil painting, fiber art, mixed media, graphic design, encaustic, and more to discover in one location. Browse three galleries filled with wearable gifts by members of the Potomac Fiber Arts Guild. Free. Visit www.artistsandmakersstudios.com.

Holiday Wreath. 2-4 p.m. at VisArts at Rockville, 155 Gibbs St. Lead by instructor Kim Swanner, participants will make their own winter wreath. Cost is \$20. Visit www.visartsatrockville.org for more.

Postcard Making: “News From Home.” 4 p.m. at VisArts at Rockville, 155 Gibbs St. Curators Yeim Bae and Yunjeong Hong will introduce creative ways of making postcards while exploring the concept of “home” with the audience. Free. Visit www.visartsatrockville.org.

SATURDAY-SUNDAY/DEC.12-13

“The Mini-Nut.” 11 a.m., 1 p.m. and 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. The Maryland Youth Ballet will present an abbreviated child-friendly version of the classic “Nutcacker.” Tickets are \$15 for children 10 and under in advance, \$20 at the door, \$20 for adults at the door and in advance. Visit www.marylandyouthballet.org.

Christmas on the Farm. 12-5 p.m. at Montgomery Farm. Visit www.Montgomeryparks.org.

SUNDAY/DEC. 13

Jingle Bell Jog. 9-10:30 a.m. at the Rockville Senior Center, 1150 Carnation Drive. Registration is free for Montgomery County Road Runners Club, \$10 for nonmembers and \$5 for non-members under 18. See www.mcrrc.org.

Coffee and Critique. 10 a.m.-12 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Guests are invited to bring photos for informal feedback from Photoworks faculty and enjoy coffee and bagels. Free. Visit www.glenechophotoworks.org.

Fused Glass Holiday Ornaments. 12-2 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. The fee is \$20. Visit www.visartsatrockville.org for more.

“Celebrating The Holydays.” 4 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The all-woman, African-American a cappella ensemble Sweet Honey in the Rock performs familiar African-American spirituals along with music influenced by Latin, Chinese, African, and Hebrew cultures. Tickets are \$25-75. Visit www.strathmore.org.

Chanukah Family Spectacular. 5:30 p.m. at Bethesda Lane. Attend

this Menorah-lighting event with local celebrities, entertainment, music, food and more. Free. Visit www.bethesdarow.com/events.

FRIDAY/DEC. 18

Lloyd Dobler Effect: Holiday Experience Concert. 7 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. The songs performed on this evening are a mixture of holiday favorites, originals that are performed in an alternate fashion, and more. Tickets are \$15-23. Visit www.facebook.com/lloyddoblereffect.

Adults Only Gingerbread House Workshop. 7-9 p.m. at VisArts at Rockville, 155 Gibbs St. VisArts provides assembled gingerbread house, bags of royal icing and candy. Alcohol available for purchase. The fee is \$20. Visit www.visartsatrockville.org for more.

DEC. 18-20, 20, 26-27

“The Nutcracker.” Various times at Robert E. Parilla Performing Arts Center Montgomery College Rockville Campus, 51 Mannakee St., Rockville. Join the Maryland Youth Ballet for the 26th season of the full-length classic choreographed by Artistic Director, Michelle Lees. Tickets are \$26-36. Visit www.marylandyouthballet.org.

SATURDAY-SUNDAY/DEC. 19-20

National Philharmonic: “Messiah.” 8 p.m. on Saturday, 3 p.m. on Sunday at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic Orchestra and Chorale perform Handel’s Messiah. Tickets start at \$28. Admission for children age 7-17 is free. Visit www.nationalphilharmonic.org.

SUNDAY/DEC. 20

Gingerbread House Workshop. 12-2 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. VisArts provides assembled gingerbread house, bags of royal icing and candy. The fee is \$20. Visit www.visartsatrockville.org for more.

Basic Woodworking Workshop: Festive Reindeers. 12-4 p.m. at VisArts at Rockville, 155 Gibbs St. Children ages 7-11 will design, handcraft, and decorate their very own wooden holiday reindeer art. Students will learn woodworking safety and how to use tools such as hammers, saws, and sanding tools. Tickets are \$65. Visit www.visartsatrockville.org for more.

Rockville Concert Band: “Welcome Winter.” 3 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Listen to classic wintertime music selections. Free. Visit www.rocknet.org/Leisure/Band for more.

MONDAY-TUESDAY/DEC. 21-22

Moscow Ballet Great Russian Nutcracker. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets are \$48-88. Visit www.strathmore.org.

FRIDAY/JAN. 15

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend “inflatable night.” Find balloon games, jousting, and more. Admission is \$5. Visit www.activemontgomery.org and use code #11951 to register.

Highlighting Foundation's Efforts

FROM PAGE 2

handicapped individuals with meat.

Priscilla Da Rochas added, "Interfaith Clothing Center has referred many families to the MCMF Food Pantry. MCMF also partners with Interfaith to provide meals to the Wilkins Avenue Women's Assessment Center — a 65-bed emergency shelter serving over 250 women each year."

The highlight of the fundraising dinner was the recognition of 20 young Muslim volunteers for their tireless volunteer work at the MCMF food pantry, which provides food every month to more than 150 low-income seniors, to struggling families with children and to the disabled.

Fourth and fifth graders Naba Yazdeini, Hanya Shahzad and Amina Rashid spoke about how their experiences at the pantry were so meaningful. Rashid sold handmade cards and donated all of her earnings to the pantry.

Kaseman commended the work of the youth volunteers. He said, "Listening to the volunteers and witnessing young people growing into their own humanity is just what the world needs today."

Guest speaker for the evening was Rais Bhuiyan,



PHOTO CONTRIBUTED

County Council President George Leventhal addresses the MCMF audience at its annual fundraising dinner.

an IT professional and founder of the nonprofit organization called "World Without Hate." Bhuiyan, a post-911 hate crime victim, has embarked on a journey to promote global peace and reconciliation. His story — an accounting of two men bound by more than an act of violence — is chronicled in a book, "The True American," by New York Times columnist Anand Giridharadas, soon to be released as a movie.

To learn more, visit www.mcmfmd.org.

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SPECIAL CONNECTIONS CALENDAR

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12/2/2015.....Wellbeing
12/9/2015...Holiday Entertainment & Gift Guide II
12/9/2015..HomeLifeStyle; Home for the Holidays
12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages
12/23/2015.....Special Issue – Safe for the Holidays
12/30/2015.....Children's Connection

JANUARY

1/6/2016.....Wellbeing, Renewal, Resolutions
1/13/2016.....HomeLifeStyle
Martin Luther King Jr. Day is Jan. 18
1/20/2016.....A+ Camps & Schools
1/27/2016.....Community Guide
1/27/2016.....Winter Fun, Food, Arts & Entertainment; Valentine's Preview

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SPORTS

All Four It



By KENNETH B. LOURIE

In fact, it was my idea (and I do think much of it), as it has been previously, but this time, my oncologist felt – to quote my late father: “The idea had merit.” And so, infusing forward, I will be visiting (I use that word loosely), the Infusion Center every four weeks instead of three. A change nearly seven years in the making. Now whether it hastens my demise or simply improves the quality of my life, I certainly don’t know. All I know is what little I know. Nevertheless, given my amazing good fortune to still be alive so many years after my original prognosis “prognosed” otherwise: “13 months to two years,” (as stated by my oncologist on 2/27/09), I suppose I’m living proof that cancer works in mysterious ways and not always according to medical expectations. Thank God!

Perhaps the future – and maybe even the present, is what I make of it. And though it’s difficult – but not impossible – to do so, among the rather grim tales that one hears in the lung cancer/cancer-in-general world, there are success stories, many of which I’ve actually heard. And the more of these stories I hear, the more I feel empowered and realize that even though we have not won the war on cancer, we are winning battles, not just skirmishes. Lung cancer patients are living longer, as I have been fortunate to do; now we’re going to try and improve the quality of that “living longer.”

Not that you readers can’t sort it for yourselves, but extending my infusion schedule by one week from three to four is not merely a 33 percent increase in that interval, it’s an exponential increase in my head; meaning it feels way more significant than one week. It almost seems as if I can breathe normally again (not that I have any cancer-related difficulty breathing other than climbing stairs, lifting heavy objects or otherwise over-exerting myself); the sensation now, the expectation now, is that I have control of my life for an extra week EVERY SINGLE MONTH that I’ve not had for almost seven years. I don’t want to go commercial here, but can you spell relief? For me, it’s not a product, it’s a lifestyle.

However, as relieved as I am, this decision/possibly even accommodation from my oncologist, is not because I’m cured, in remission or cancer-free. No. It’s because I asked and my most recent PET Scan answered by indicating that I was “stable,” according to my oncologist. News, I like to joke, with which I can live. But news which hardly extricates me from “Cancerville.” Rather, news that allows/enables my oncologist to consider some options that many cancer patients are unable to consider. For the record, though: this is unlikely to be permanent and guarantees are not being made. Still, to invoke Hubert H. Humphrey: “I’m pleased as punch.”

As a long-time salesman, I’ve heard many technique advisories. One I will mention here: “Don’t be afraid to take ‘yes’ for an answer.” Well, I’ve learned my lessons. I am going to take “yes” for an answer. I’m not looking for trouble. If my oncologist is happy to oblige/agree with the four-week interval, then who am I to question it? Question it is the last thing I’m going to do. I’m going to embrace and enjoy it. Besides, I deserve it. I only wish there hundreds/thousands of other “terminal” cancer patients receiving similar results and subsequent improvement in the quality of their lives. And though it may be temporary (until the results of my next CT Scan in January, that is), for the time I’m still being: “Oh, what a relief it shall be!”

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

Basketball Teams Open Season Next Week

The Churchill, Whitman and Wootton boys’ basketball teams will open the 2015-16 season on Friday, Dec. 4.

Churchill, coached by Robert Bean, will host Northwood at 7:15 p.m. The Bulldogs lost to Whitman in the opening round of the 2015 postseason.

Whitman will host Landon at 7:15 p.m. The Vikings, led by head coach Chris Lun, reached the section semifinals last year and reached the state championship game in 2014.

Wootton will travel to face Northwest at 7:15. Erick Graves in his first season as head coach of the Patriots, who lost in the first round of the 2015 playoffs.

The Bullis boys’ basketball team, led by head coach Bruce Kelley, will host Chapelgate Christian Academy at 6 p.m. on Monday, Nov. 30.

In girls’ action, defending 4A West region champion Whitman will open the season at 9 p.m. on Saturday, Dec. 5 against Neumann-Goretti (Philadelphia) at Paul VI High School in Fairfax, Va. The Vikings, led by head coach Pete Kenah, have won two region titles in the last three years, and won



PHOTO BY JON ROETMAN/THE ALMANAC

The Whitman girls’ basketball team won the 4A West region championship last season.

23 straight games last year before losing in the state semifinals.

Churchill, coached by Kate McMahon, will open at Northwood at 7:15 p.m. on Friday, Dec. 4, and Wootton, led by Maggie Dyer, will host Northwest.

Wootton reached the 4A West region championship game last season, losing to Whitman.

The Bullis girls’ basketball team, coached by Hayley Hollis, will travel to face Archbishop Spalding at 6 p.m. on Thursday, Dec. 3.

Scouts Receive Their Eagle Medals

Five new Eagle Scouts were awarded their Eagle medals by Troop 706 of Our Lady of Mercy Catholic Church in Potomac, on Sunday, Oct. 18.

Joseph Blumenauer, Noah Monnig, Christopher Monteferrante, Evan Patterson and Joey Toker received Boy Scout’s highest honor, the rank of Eagle, during the Eagle Court of Honor ceremony that included a candlelight procession through the various ranks of scouting on their “Trail to Eagle.” Each earned their new rank at various times over the course of the past year and waited until October so they could have their ceremony together.

All five boys joined Boy Scouts while in elementary school. To complete their Eagle Rank, each devoted numerous hours toward his Eagle Scout Project by planning and obtaining approvals for the project and leading teams of Boy Scouts and other volunteers to complete them. Joseph Blumenauer, a freshman at the University of Maryland, constructed a prayer garden at Our Lady of Mercy, using a previously unused area. Noah Monnig, a freshman at the University of Dayton, cleaned, refurbished and landscaped an outdoor religious prayer circle at Our Lady of Bethesda Retreat Center in Bethesda, including building a brick retaining wall, cleaning benches and replacing broken stepping stones. Christopher Monteferrante, a senior at Winston Churchill High School, painted safety strips on over 300 steps at St. Ann’s Center for Children, Youth and Families in Silver Spring, which involved stripping, sanding, cleaning and painting each individual step. Evan Patterson, a senior at St. John’s College High School, renovated a flagstone patio at Our



PHOTO CONTRIBUTED

From left, the new Eagle Scouts are Joseph Blumenauer, Joey Toker, Noah Monnig, Evan Patterson, and Christopher Monteferrante.

Lady of Bethesda Retreat Center by replacing almost 50 broken flagstones, planting over 40 boxwoods and resetting the existing water fountain in a patio extension. Joey Toker, a junior at St. Albans School, created an outdoor Stations of the Cross garden at Our Lady of Mercy, using an area that had previously been unused.

Daniel A. Witt, a member of the Executive Board of the National Capital Area Council of the Boy Scouts of America and president of the International Tax and In-

vestment Center, and an Eagle Scout himself, spoke to the boys and the audience about the meaning of the Eagle Scout award and challenged them to give back to Scouting and to live their lives with honor, character and integrity.

Also in attendance at the Court of Honor were Father William Byrne, pastor of Our Lady of Mercy; Father Don Worch of Our Lady of Mercy; Father Christopher Seith of Our Lady of Mercy; and Monsignor Godfrey Mosley of St. Ann’s Catholic Church in Washington.



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