

# Potomac ALMANAC

As part of Cabin John Volunteer Fire Department's 35-year tradition, Santa Claus rides through the Cabin John, West Bethesda and Potomac communities. He and his firefighter elves are collecting toys for the National Center for Children and Families in Bethesda, the USMC Toys for Tots Program and the Children's National Medical Center. See [www.cipwfd.org](http://www.cipwfd.org).

## Collecting Toys

Celebrating Life  
Of Austin H. Kiplinger

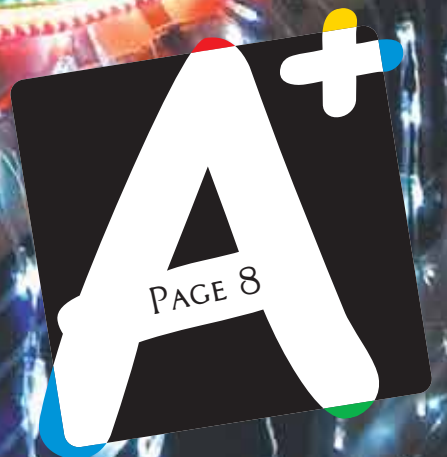
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Chloupek Retires  
From Friends Board

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Lessons in  
Charitable Giving

A+, PAGE 8





## LET'S TALK Real Estate



by Michael Matese

### The Sky(light) Is The Limit!

Skylights serve a number of functions when living in a residence, or adding to the value of the residence when a home is on the market. A skylight—essentially any window that is titled or situated entirely on the ceiling—is a unique way of adding natural lighting to a dull or dark room. Providing natural lighting into the room below, skylights add an elegant touch with a dramatic effect in any living space, as well as making the area feel more spacious. More than simply the addition of clean lighting and graceful ambience, skylights are efficient as well, infusing substance into their style. Skylights admit more light per unit area than windows do, and distribute that light more evenly throughout a living space, making properly designed skylights significantly energy efficient design elements. It is estimated that in both commercial and residential structures, use of day lighting (such as skylights) can effectively reduce energy costs by up to one-third! Skylights consist of more than just punching a hole in the ceiling and fitting it with glass or plastic (though that's certainly one option). Design and structural soundness should be weighed and considered when installing or adding a skylight; improper insulation or construction can negate the skylight's energy-reductive assets significantly. When considering design and placement of a skylight, think of where the skylight will receive the maximum amount of light, as this will not only contribute to the beauty of the room being lit, but also to the energy-saving element of the skylight. Homeowners may also want to consider positioning of skylights when deciding on skylight design—a skylight that is designed to open allows for seasonally appropriate ventilation as well as light, which adds to the energy efficiency of the skylight. There are a variety of shapes and sizes to choose from in skylight design, and equally as many construction materials that contribute to both the aesthetics and efficiency of a skylight. New methods of glazing and sealing reduce energy loss and provide a water-tight construction. It is important to construct and install skylights properly to avoid these issues, as well as "skylight weeping" due to condensation. Traditional skylights, roof lanterns, or an oculus are the most popular types of skylight styles incorporated into a home, with a number and variety of unique designs, construction materials and modern efficiencies to each distinct style available. So before contracting an electrician to install costly and energy-hungry lighting, consider whether including day lighting options, such as a skylight, might be a better choice for your home and lighting or energy goals. Then examine your choices—the sky(light) is the limit!

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

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## NEWS

# Chloupek Retires from Center Friends Board

Recognizing more than two decades of commitment.

BY SUSAN BELFORD  
THE ALMANAC

**T**wenty-five years ago, when Larry Chloupek joined the Friends of the Potomac Community Center (PCC) Board, basketball and baseball programs were popular among Potomac youngsters. Beaniebabies and baseball card shows were highlights and proceeds from their sales and the Flea Market helped to fund the center programs. No fitness facilities existed and ping pong was just something to do for fun — there were no table tennis competitions.

Chloupek was 29 years old when he joined the board; he worked for the government but also coached baseball at Churchill High School, his alma mater. After five years on the board, he was voted chairman — and held that position for the next 20 years. He is stepping down now to move on to "the second chapter of my life" — retiring from his position as management liaison director for the Office of the Director at the National Institutes of Health — and relocating with his wife Jen to Scottsdale, Ariz.

"This is going to be interesting. After 33 years in the government (25 spent at NIH), I envision myself staying active," Chloupek said. "I am looking forward to training for half-marathons, hiking, traveling, becoming more involved in our church and spending time with my wife. I have already assumed the presidency of our new homeowner's association in Scottsdale. I also may start a second career and work part-time. I plan to keep myself busy."

Staying busy is an understatement for Chloupek. For many years, in addition to his career in government, he coached baseball at Churchill. He also trained for and completed marathons and half-marathons. He is a Paralympian in volleyball. In 1996, he carried the Olympic torch in advance of the Atlanta Summer Games. He also is the director of "Young Adults with Cancer" and serves as a counselor at BRASS Camps for children with cancer. This interest in working with children

**The Friends of the Potomac Community Center Allan Cohen, Steven Landsman, Svetlan Chloupek, David Wanicur, Jill Lavin, Gary Albert, Larry Chloupek, Henry Leung, Penny Heltzer, Jeani Haven, and Herman Yeh in front of Emma Barlock who is the new treasurer.**



PHOTO CONTRIBUTED

with cancer stems from his own life — at the age of 7, he lost a leg to bone cancer. With the support of family and friends, he realized that he was capable of continuing in athletic endeavors and any activity that he decided to pursue — and he shares this outlook with others who have cancer.

As board member Jill Lavin said, "Larry will be sorely missed by everyone on the board and at the PCC. When something needs to be done, Larry accomplishes it — both competently and creatively, making it the best it can be. He is a wonderful person who has touched so many lives, working with kids, coaching basketball and baseball teams and heading our board, along with a million other things. I don't know how he does it all — and continues to look as if he is 30-something. If I were to use one word to describe Larry it would be 'inspiration.' I know he will continue his outstanding volunteer work in Arizona."

When asked what he considers the biggest changes at the Potomac Community Center have been during his tenure, he said, "The partnership with the Department of Parks and Recreation has been very positive for our community center in helping us to make changes and to grow with the times. Club Friday was created and the board still runs the snack bar — board member Allan Cohen is there every Friday night and we use some of the money that we make to fund senior programs at the center. About 400 kids come to PCC to take advantage of Club Friday. When I was a kid, the building was Lake Normandy Elementary,

where I went to school, then it

became a teen center where we all played basketball and baseball. We now have programs for all ages and it's a center that Potomac residents can be proud of.

"One project I am really proud of is the building of the adaptive sports court that the PCC Board spearheaded. We advocated to convert the obsolescent roller rink into an adaptive sports court which will attract organizations that cater to people with disabilities. The Friends of PCC contributed \$25,000 to that project. We appealed to [County Executive] Isiah Leggett who endorsed the project and also received a Maryland State grant for it. The county has very few facilities for handicapped sports. It will be used for Special Olympics as well as for wheelchair rugby, football, basketball and more. I am thrilled that this is finally going to become a part of the Potomac Community Center. I am leaving on a high note."

Fellow board member Penny Heltzer said, "Larry has been a model of dedication for all of us that are Friends of PCC. We will miss him but know he will pick up the reins of leadership in Arizona. 'Go Larry!'"

Henry Leung who has been on the board since he was in high school is taking over as chairman and Emma Barlock will be the new treasurer. She has also been on the board since high school, so Chloupek feels that he is leaving the board in very capable hands. "I may live in Arizona, but I will come back often. My parents still live here — and I am a diehard Maryland fan," he said.

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**Thursday, Dec. 17, 6 – 8:30 pm**

**Offutt's Crossroads and the Early Days of Potomac, with local historian Ralph Buglass**

Potomac Community Center, 11315 Falls Road

Pot Luck Dinner at 6, program at 7  
See our website or call or email for details

**Potomac Community Village**

240-221-1370 info@PotomacCommunityVillage.org

www.PotomacCommunityVillage.org



## Celebrating the Life of Austin H. Kiplinger

**“A life devoted to the people and passions he held most dear.”**

BY CISSY FINLEY GRANT  
THE ALMANAC

There were very few empty seats left in the Kennedy Center’s spacious Concert Hall on Dec. 11, where nearly a thousand family members and friends gathered to celebrate the life of Austin Huntington “Kip” Kiplinger who died Nov. 20 following a brief bout with brain cancer.

Knight Kiplinger, Kip’s son, was master of ceremonies during the nearly two-hour program, introducing featured speakers, musical talent and a synopsis of his Dad’s achievements throughout his 97 years.

It has been only in the last few weeks that “Kip” was not contributing to one or another benefit, or driving to his Washington office from his home. It was, in fact, less than three weeks from his date of death when he appeared in the Potomac Day Parade, waving cheerfully to crowds gathered along the River Road parade route. It was then that his son, Knight, gravely admitted, “Dad is not well,” as he helped him climb into the rumble seat of a 1931 Model T Ford.

Major newspapers in the country have reported his death and accomplishments — editor in chief of “The Kiplinger Letters” and the Kiplinger personal finance magazine “Changing Times.” He co-authored several books with his father, the late W.M. Kiplinger, with son, Knight, and also on his own, including his 1973 “The How Not To

Book of Country Life” in which he advised, “The time to buy a farm is when you can NOT afford it.” He reasoned if you wait, the price will rise and you still can’t afford it, only now you can’t for more money. “You might just as well buy it at a lower price. That way, you won’t be out so much money.”

Kiplinger’s wit is carried throughout this book, along with his two “Letter from Washington” books, the first in 2011, the second “Letter From Washington Part II.” Both are factual, informative and sprinkled with his humor and personal touch.

Austin Kiplinger started his career following his 1939 graduation from Cornell University, first as a reporter, followed by radio and television careers prior to his nearly 30 years with the Kiplinger publishing company. Although his professional career has been reported nationwide, what has not been told in depth was the deep love and respect he had and showed for his fellow man.

A portion of “A Celebration of the Life of Austin H. Kiplinger,” a pamphlet given to all attending the ceremony on Dec. 11, stated, “He enjoyed the company of people from all walks of life and varied backgrounds. His warm smile and genuine interest in their lives put them at ease. He talked as easily with cab drivers, clerks, junior staffers, janitors, and construction workers as he did with Presidents, senators and CEOs. He valued people for their character, not their status, and raised his children and grandchildren to do the same.”



PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

**Austin H. “Kip” Kiplinger died Nov. 20, at age 97. He is pictured as he appeared in the Oct. 24, Potomac Day Parade wearing the formal “colors of the Potomac Hunt” of which he was a member since 1961.**

The National Symphony Orchestra Brass opened the 1 p.m. celebration with Aaron Copland’s “Fanfare for the Common Man,” a rousing presentation that could possibly have been heard as far away as The White

House. It was followed by remarks from NSO’s former president Michael Brewer; Janet H. Brown, executive director, Commission on Presidential Debates; Kevin McCormally, SVP/Chief Content Officer, Kiplinger publishing; Frank H.T. Rhodes, Cornell president from 1977-1995; Leslie Buhler, executive director of Tudor Place and last, but far from least, Daphne Kiplinger, who represented Austin’s six grandchildren. When she finished her talk she quietly went around behind the VIP section and joined the chorus on stage.

Speeches were interspersed with choral selections delivered by members of The Washington Chorus and the Cornell Glee Club, the latter performing Cornell’s Evening Song, “Tannenbaum,” directed by Scott Tucker, former Cornell’s Glee Club and Chorus director. The Cornell students men’s chorus sang a capella. At the conclusion, dead silence followed until Knight Kiplinger, at the lectern, paused before uttering an emphatic “Wow!” The audience could no longer constrain a polite applause. It was crescendo.

No report on Kip’s life could be complete without mention of his many contributions to civic and educational projects giving his leadership talent to Cornell University, National Symphony Orchestra, National Press Club, Tudor Place, Washington International Horse Show, Potomac Hunt Club, Historical Society of Washington and numerous others. His name wasn’t just included on a roster. If he was involved, he gave it his all. He was also a member of the Metropolitan Club, Chevy Chase Club, Alfalfa Club, Alibi Club and the Society of Professional Journalists.

He dearly loved the country life he lived at Montevideo, the historic home on River Road where he and his late wife, Gogo, and their sons Knight and his late brother, Todd, lived for nearly 60 years. However, his interests were clearly expressed in the Celebration program by saying he “lived a life devoted to the people and passions he held most dear.” It included family, friends, colleagues at the office, fairness in human relations, civic engagement, the craft of journalism, Cornell University, history, his Navy Service in World War II, classical music — symphonic and choral, horses and open countryside in northwestern Montgomery County. Of the latter there is no mistaking he was referring to Montevideo and its surrounding woods and fields.

In addition to his son, Knight, and Knight’s wife, Ann, of Washington, he is survived by a daughter-in-law Dana Stifel Kiplinger of Weston, Conn., six grandchildren, seven great grandchildren and his companion of eight years, Bonnie Barker Nicholson of Bethesda.



**Among the nearly thousand friends and family members who attended “A Celebration of the Life of Austin H. Kiplinger” at the Kennedy Center Concert Hall, was a group of his Potomac friends, (from left) Susan Moran, Lutie Semmes, Roemer McPhee, Lorrie Plamondon, Pete Plamondon, Sue Monahan and Joan McPhee.**

PHOTO BY  
DAVE PHILLIPS



# Murders, Slavery and Family Feuds in Early Potomac

## Potomac Community Village presents local historian Ralph Buglass.

A direct descendant of the Offutt family, whose acreage originally known as Offutt's Crossing at the meeting of River and Falls Roads became Potomac Village in 1880, brings to life his colorful family history at the Potomac Community Village Potluck Dinner and Program on Dec. 17, 6 p.m., at the Potomac Community Center, 11315 Falls Road.

Historian Ralph Buglass, will present "Offutt's Crossroads and the Early Days of Potomac," detailing the murders, feuds, and lawsuits of his forebears, including an inside look at family members' involvement in slavery, and a name change at the request of the U.S. Post Office. His ancestor, William Offutt, was granted hundreds of acres around Potomac to help settle the colony of Maryland in the late 1600s, later acquiring an additional 2,000 acres, including a Potomac River island still bearing his name. After hearing and seeing Buglass' presentation, residents can decide for themselves how well the crossroads have been settled.

A passion for history, and existing knowledge of his father's family, inspired Buglass to uncover his mother's family roots, the Offutt's.

A volunteer with the Montgomery County Historical Society, Buglass is also the volunteer school master of the Kingsley School, a one-room schoolhouse in Little Bennett Regional Park in Clarksburg that he worked to renovate and furnish. He received the 2015 Maryland Parks and Recreation Association Agency Volunteer Award and last year was a National Service Award recipient from the Country Schools Association of America.

A potluck dinner begins at 6 p.m., with the Potomac Community Village meeting and program following from 7-8:45 p.m. Attendees are asked to bring various items for dinner according to the first letter of their last name. Details and RSVP are at



Buglass



PHOTOS CONTRIBUTED

A mural of early Potomac

www.PotomacCommunityVillage.org. For more information about the dinner, call Joan Kahn (301-294-6801) or Linda Perlis (301-299-6181). For those wishing to attend just for the program portion of the evening, that starts at 7 p.m. Admission is free.

Potomac Community Village, a nonprofit

all-volunteer network of neighbors and friends, seeks to enhance the quality of life for older Potomac residents by creating social connections and providing services such as transportation, computer assistance and simple home repairs. For more information, to volunteer or to get volunteer help, visit www.PotomacCommunityVillage.org.



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### DECEMBER

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

### FEBRUARY

2/3/2016 ..... Valentine's Dining & Gifts I

2/3/2016 ..... Wellbeing – National Children's Dental Health Month

2/10/2016 ..... HomeLifeStyle

2/10/2016 ..... Valentine's Dining & Gifts II

2/17/2016 ..... A+ Camps & Schools

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| • Burke Connection          | • Great Falls Connection                    | • Reston Connection           |
| • Centre View               | • McLean Connection                         | • Springfield Connection      |
| • Chantilly Connection      | • Mount Vernon Gazette                      | • Vienna/Oakton Connection    |



## OBITUARY

# 'Junior' Proctor Dies at Home

BY CISSY FINLEY GRANT  
THE ALMANAC

**L**eonard Charles Proctor, Jr., died Dec. 9, 2015 at his home in Derwood, Md.

The son of well known equestrian Leonard C. Proctor, Sr. was discovered on the floor of the living room in his home. "I came downstairs around 4:30 a.m., as usual, and nearly stepped on him," his father said. "Junior" usually went down in the basement and watched television before coming up to bed," Proctor, Sr., said. "I called 911 and they arrived immediately, but it was too late. He was pronounced dead here."

"Junior" Proctor, as he has been called since birth, grew up in Potomac, attended Potomac Elementary School and was a 1970 graduate of Walter Johnson High School where he played baseball and assisted in coaching football. "He also loved to play golf," his father said.

During his lifetime he had a variety of careers including construction, different positions with Potomac's Safeway and Giant stores and lately assisted his father, a well known bar tender at many Potomac gatherings for over 50 years. It has often been said, "Don't plan your event without first checking Leonard's calendar. Proctor, Jr. was a welcome addition."



PHOTO CONTRIBUTED

**Leonard Charles Proctor, Jr.**

"Junior" Proctor was preceded in death by his mother, Sue Lee Holston Proctor. He is survived by his brother Jerome A. Proctor, Derwood, by an aunt, former Potomac resident Joyce Holston Jones, Chestertown, Md., who for many years, was associated with The Surrey, Potomac, and by an uncle, Joseph Holston of Germantown.

A memorial service is planned to celebrate the life of Leonard Charles Proctor, Jr., at 10 a.m., Dec. 30, at the Potomac Hunt Club, Dickerson, Md.

The cause of death at this time is unknown.

## BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com).

### THROUGH JAN. 1

**Holiday SoberRide.** 10 p.m.-6 a.m. Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the annual Holiday SoberRide program will provide free cab rides up to \$30. Call 1-800-200-TAXI.

### WEDNESDAY/DEC. 16

**Training Session: Senior Connection.** 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Consider volunteering with the Senior Connection to drive seniors to medical and other appointments. Contact [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org), call 301-962-0820, or visit [www.seniorconnectionmc.org](http://www.seniorconnectionmc.org).

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## Christmas Services

### DECEMBER 23, 2015

McLean Bible Church Montgomery County Campus  
12440 Parklawn Drive, Rockville, MD 20852  
Family services at 6:30 pm and 8 pm

### DECEMBER 24, 2015

McLean Bible Church Tysons Campus  
8925 Leesburg Pike, Vienna, VA 22182  
Family services at 3 pm and 4:30 pm  
Communion services at 7 pm, 9 pm and 11 pm

### DECEMBER 24, 2015

McLean Bible Church Loudoun Campus  
44180 Riverside Parkway, Lansdowne, VA 20176  
Family services at 4 pm and 6 pm  
Communion service at 8 pm

McLean Bible Church Prince William Campus  
10002 Battleview Parkway, Manassas, VA 20109  
Family services at 5 pm and 6 pm  
Communion service at 7 pm

To learn more about our Christmas celebration, visit [www.mcleanbible.org/christmas](http://www.mcleanbible.org/christmas).

*"For unto us a Child is born, Unto us a Son is given; And the government will be upon His shoulder. And His name will be called Wonderful, Counselor, Mighty God, Everlasting Father, Prince of Peace." (Isaiah 9:6)*





# ENTERTAINMENT



## 2015 Cabin John Park VFD – Santa’s Neighborhood Schedule

Santa and his firefighter elves will make their way through the streets of the community collecting toys for the National Center for Children and Families in Bethesda and the USMC Toys for Tots Program. Children who donate a toy will get a candy cane from Santa. The decked out and lit fire truck will be on the roads nightly through Dec. 20, 6-9 p.m. On Christmas Eve, Santa will deliver the collected toys to the National Center for Children and Families on Greentree Road, Bethesda. Presents may be brought out to Santa on the Fire Truck or to either Cabin John Fire Station. Visit [www.cjpvfd.org](http://www.cjpvfd.org).

### TUESDAY/DEC. 15

**Neighborhoods:** Arrowood, Bradley Hills Grove  
**Make Up Night** for any missed area or for inclement weather thus far

### WEDNESDAY/DEC. 16

**Neighborhoods:** Seven Locks Hills, Burning Tree Estates, Rose Hill Estates, Stonehurst Center, Smithfield

### THURSDAY/DEC. 17

**Neighborhoods:** Congressional Manor, Carderock Springs, Clewerwall ( the neighborhood), Glengarry, Carderock, The Palisades

### FRIDAY/DEC. 18

**Neighborhoods:** Avenel, River Road Estates, Williamsburg Estates, Concord, The Village (the neighborhood), Williamsburg Gardens

### SATURDAY/DEC. 19

**Neighborhoods:** Congressional Country Club Estates, West Bethesda Park, Oakwood Knolls, Locust Ridge, Cohasset, Bradley Park, Burning Tree Valley, Frenchman’s Creek

### SUNDAY/DEC. 20

**Neighborhoods:** Alvermar Woods, Potomac Hunt Acres, Tara, Potomac View Estates

### MONDAY/DEC. 21

**Neighborhoods:** Merry Go Round Farm, Beallmount, Lake Potomac, Stoney Creek Farm, Saddle Ridge

### TUESDAY/DEC. 22

**Neighborhoods:** Potomac Village, Camotop, Falconhurst, Bradley Farms, McAuley Park, Kentdale Estates, Bradley Blvd. Estates, Congressional Forest Estates

### WEDNESDAY/DEC. 23

**Neighborhoods:** Bannockburn, Bannockburn Estates, Al Marah, Wilson Knolls (1<sup>st</sup> due only)

### THURSDAY/DEC. 24

**Santa Delivers Toys to the Children.** Noon. Schedule is subject to change due to weather and immediate emergency response.

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Include date, time, location, description and contact for event: phone, email and/or website. 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](http://www.store-locator.barnesandnoble.com/event/4824850-21).

**Adult Single Night.** Saturdays, 9 p.m. at 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](http://www.bennysbargrill.com).

**“Entertaining Mr. Sloane.”** Through Dec. 23, 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](http://www.writer.org) for more.

**“VAC Revealed.”** Through Dec. 26, during gallery hours at Gallery B, 7700 Wisconsin Ave., Bethesda. Montgomery County Public Schools Visual Art Center (VAC) will present an exhibition of artwork created by the program’s 22 seniors as well as teachers Mygenet Harris and Jane Walsh of the MCPS Visual Art Center Program at Albert Einstein High School. Free. Visit [www.bethesda.org](http://www.bethesda.org) for more.

**Glenview Mansion Holiday Open House.** Sundays, through Dec. 27, 1-4 p.m. at Glenview Mansion at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Watch live music performances, view art, and more. Free. Visit [www.rockvillemd.gov/glenview](http://www.rockvillemd.gov/glenview) for more.

**Winter Lights Festival.** Through Dec. 31, 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](http://www.gaithersburgmd.gov/leisure/special-events/winter-lights-festival).

**“Creating Inclusion.”** Through Jan. 2, 12-4 p.m. Wednesday-Thursday, Saturday-Sunday, 12-8 p.m. on Friday at VisArts at Rockville, 155 Gibbs St., Rockville. Artists Matt Sesow, Christine Pearl, Madison Prince, Charles Meissner, Sarah Sater-Murray, Sammy Collings, Joe McFadden, Tony Labate, and Emily Kim identify as people with disabilities. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**Waverly Street Gallery Holiday Show.** Through Jan. 2, 12-6 p.m. Tuesday-Saturday at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Attend this group show to celebrate the holidays through the influence of the color red. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

**“Garden of Lights.”** Through Jan. 3, 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](http://www.montgomeryparks.org) for more.

**Gloria Montiero Rall: “A Retrospective.”** Through Jan. 5, during gallery hours at Open Gallery, 930 King St., Silver Spring. Gloria Monteiro Rall: “A Retrospective” is a survey of Monteiro Rall’s work from 1955-2000. Influenced by the Washington Color School, Rall’s paintings examine the interaction of light and color. Rall is a Dean Emeritus at Montgomery College, and exhibited worldwide during her 40-year exhibition career. Free. Visit [www.montgomerycollege.edu](http://www.montgomerycollege.edu) for more.

**Brian Davis: “Uncoupled.”** Through Jan 10, during gallery hours VisArts at Rockville, 155 Gibbs St. Brian Davis’ exhibition investigates the complexities of togetherness and separation with video, photography, sculpture and interactive installation. Free. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**“A Year with Frog and Toad.”** Through Jan. 10, various times at Imagination Stage, 4908 Auburn Ave., Bethesda. This play is based on the children’s book by Arnold Lobel featuring a frog and toad with very different personalities. Tickets start at \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

**“Reflections on Jerusalem.”** Through Jan 11, during gallery hours at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Photographer Chip Kahn displays his work. Free. Visit [www.glenechphotoworks.org](http://www.glenechphotoworks.org) for more.

**“Organic Elements.”** Through Jan. 17, during gallery hours at The Writer’s Center, 4508 Walsh St., Bethesda. A group exhibition featuring the abstract work of local artists Lisa Bohrer, Susan Carey, Maruka Carvajal, Lesley Clarke, Katie Joselow, and Kay Walsh. Free. Visit [www.writer.org/programsart-on-view](http://www.writer.org/programsart-on-view).

### 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](http://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](http://www.visartsatrockville.org) for more.

**“A Candlelight Christmas.”** Various times at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. With brass, organ, percussion, and harp, Julian Wachner directs the 200-voice Washington Chorus in a program featuring Christmas classics, sing a-longs, and a candlelight processional. Tickets start at \$18. Visit [www.thewashingtonchorus.org](http://www.thewashingtonchorus.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](http://www.marylandyouthballet.org) for more.

### SATURDAY/DEC. 19

**Christmas From Ireland.** 8 p.m. at the Cultural Arts Center–Montgomery College, 7995 Georgia Ave., Silver Spring. Lunasa and Karan Casey perform Irish Christmas and spoken work. Tickets are \$15 for students in advance, \$25 for non-students, and \$35 at the door. Visit [www.montgomerycollege.edu/cac](http://www.montgomerycollege.edu/cac) for more.

### 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](http://www.nationalphilharmonic.org).

### DEC. 19-JAN. 31

**“Wake Up, Brother Bear.”** Various times at Imagination Stage, 4908 Auburn Ave., Bethesda. Brother and Sister Bear explore all four seasons in this interactive children’s play. Tickets start at \$10. Visit [www.imaginationstage.org](http://www.imaginationstage.org) for more.

### 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](http://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](http://www.visartsatrockville.org) for more.

**Poetry & Prose Open Mic.** 2 p.m. at The Writer’s Center, 4508 Walsh St., Bethesda. Readers may sign-up starting at 1:30 p.m., the public is invited, with a reception to follow. Visit [www.writer.org](http://www.writer.org).

### 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](http://www.rocknet.org/Leisure/Band) for more.

**“A Smooth and Funky Christmas.”** Doors open at 5:30 p.m., show at 7:30 p.m. at Bethesda Blues & Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. Bassist Christian “Big New York” de Mesones and the Smooth Jazz All-Stars will put a jazz spin on holiday classics. Tickets are \$25. Visit [www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com) for more.

### MONDAY/DEC. 21

**Carpe Diem Community Sing.** 6:30 p.m. at Washington Revels, 531 Dale Drive, Silver Spring. Singers of all backgrounds and training levels are invited to sing songs from diverse cultures and traditions. Free. Visit [www.washingtonrevels.org](http://www.washingtonrevels.org) 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.



# ENTERTAINMENT

Tickets are \$48-88. Visit [www.strathmore.org](http://www.strathmore.org).

## WEDNESDAY/DEC. 23

**uDance Umtrr.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. This event, featuring live DJs, celebrity guests, and more, will raise money for mental health awareness and suicide prevention. Tickets are \$10 in advance, \$15 at the door. Visit [www.umtrr.org](http://www.umtrr.org).

## MONDAY-THURSDAY/DEC. 28-31

**Winter Craft Days.** 8:30 a.m.-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Children aged 5-12 are invited to enjoy ice-skating, hot chocolate, and winter-themed craft projects. This session is \$350. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## TUESDAY/DEC. 29

**The Roots.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Hip-Hop, neo-soul ensemble featuring well known musician Questlove will perform. Tickets are \$65. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## WEDNESDAY/DEC. 30

**Jazmine Sullivan.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Performance by singer known for "Need U Bad" and "Bust Your Windows." Tickets are \$32.50. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## THURSDAY/DEC. 31

**Papadosio.** 9 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Electronica ensemble shares stage with Chon. Tickets start at \$30. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## FRIDAY/JAN. 1

**Wale & Friend 5th Annual New Year's Day Show.** 9 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Live music. Tickets are \$39.50. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## SATURDAY/JAN. 2

**Fillmore Flashback.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Rapper Biz Markie headlines an '80s and '90s dance party featuring Here's to the Night and The New Romance. Tickets are \$15.50. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## SATURDAY-SUNDAY/JAN. 2-3

**Intro to Indian Woodblock Design.** 12-3 p.m. at Pyramid Atlantic Art Center, 8230 Georgia Ave., Silver Spring. Learn the basics of woodblocks that are hand-printed onto textiles. The cost of the workshop is \$150, additional materials will cost \$40-80. Visit [www.pyramidatlanticartcenter.org](http://www.pyramidatlanticartcenter.org) for more.

## SUNDAY/JAN. 3

**Waltz Dance.** 2:45-3:30 p.m. workshop, 3:30-6 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Karen Collins & The Backroads Band will provide a mix of waltzes with a country and western influence. Tickets are \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.



**Colin Sorgi will perform Bach's Violin Concerto No. 2 in E Major at 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda on Jan. 16. Tickets are \$29-89 and free from children 7-17. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) for more.**

**Salute to Vienna.** 3 p.m. at the Music Center at Strathmore, 10710 Rockville Pike, North Bethesda. Singers and dancers team up with a 50-piece orchestra for a New Year's concert paring tribute to Vienna. Tickets are \$49. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## SATURDAY/JAN. 9

**Pianist Brian Ganz.** 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic will present pianist Brian Ganz for his sixth all-Chopin recital. Tickets are \$29, free from children ages 7-17. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) for more.

**Tribute to The Doors.** 9 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Wild Child performs The Doors cover songs. Tickets are \$17. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## SATURDAY-SUNDAY/JAN. 9-10

**Woodcut Prints Workshop.** 10 a.m.-4 p.m. at Pyramid Atlantic Art Center, 8230 Georgia Ave., Silver Spring. Students will learn the basics of woodcut printmaking, including drawing, carving, and printing. This workshop costs \$275 plus a \$25 materials fee. Visit [www.pyramidatlanticartcenter.org](http://www.pyramidatlanticartcenter.org) for more.

## 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](http://www.activemontgomery.org) and use code #11951 to register.

## SATURDAY/JAN. 16

**Intro to Vandercook Letterpress.** 10 a.m.-4 p.m. at Pyramid Atlantic Art Center, 8230 Georgia Ave., Silver Spring. Learn how to set type, operate a Vandercook press and clean the press. Each participant will set a few lines of text of their own choosing and print a small edition (10-15 prints). Tickets are \$155 plus a \$5 materials fee. Visit [www.pyramidatlanticartcenter.org](http://www.pyramidatlanticartcenter.org) for more.

**Bach's Violin Concerto No. 2.** 8 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic, led by Music Director and Conductor Piotr Gajewski, will feature concertmaster Colin Sorgi in a performance of Bach's Violin Concerto No. 2 in E Major. Tickets are \$29-89 and free from children 7-17. Visit [www.nationalphilharmonic.org](http://www.nationalphilharmonic.org) for more.

## SATURDAYS/JAN. 16 AND 23

**Bamboo Papermaking Workshop.** 10 a.m.-4 p.m. at Pyramid Atlantic Art Center, 8230 Georgia Ave., Silver Spring. Learn to make paper from bamboo in this two-part workshop. The workshop cost is \$305 plus a \$35 materials fee. Visit [www.pyramidatlanticartcenter.org](http://www.pyramidatlanticartcenter.org) for more.

## SUNDAY/JAN. 17

**Waltz Dance.** 2:45-3:30 p.m. workshop, 3:30-6 p.m. dance at the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The Taylor Among Devils ensemble will provide music for folk waltzes including the Hambo, Schottische and more. Tickets are \$10. Visit [www.waltztimedances.org](http://www.waltztimedances.org) for more.



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## CHRISTMAS MASS

**Christmas Eve, Thursday, December 24**

*Prelude music begins one half-hour before each Mass*

4:00 pm Cherub & Children's Choir/ Cantor/Flute (Church)  
4:00 pm Piano/Cantor/ Trumpet (McAuley Hall)  
6:00 pm Cantor/Hand Bells  
8:00 pm Choir/Strings/Trumpet  
10:00 pm Schola/Strings/Trumpet

**Christmas Day, Friday, December 25**

*Prelude music begins fifteen minutes before Mass*  
(no 7:00am Mass)

8:30 am Choir  
10:45 am Vocal Quartet  
12:30 pm Vocal Quartet

## ADDITIONAL MASS INFORMATION

**Weekday Masses Monday, Dec. 28 – Thursday, Dec. 31**

9:00 am (no 7:00 am or 8:30 am Mass)

**New Year's Eve, Thursday December 31, 2015**

Vigil Mass, 5:00 pm

**New Year's Day, Friday, January 1<sup>st</sup>, 2016**

Solemnity of Mary, The Holy Mother of God  
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# Lessons in Charitable Giving

**Conversations, modeling behavior and hands-on actions can help teach children about benevolence and compassion.**

BY MARILYN CAMPBELL  
THE ALMANAC

**M**atthew Mamalian's holiday shopping list included some items that might seem atypical for a 12-year-old middle school student: shampoo, socks, soap and a few snacks. He, along with several friends from his Sunday school class, packed the items in shoeboxes wrapped with holiday paper and tucked a handwritten note of encouragement inside each box.

"We were all laughing and having fun packing them," he said. "We also learned that there are people who really need these things because they don't have a lot else."

The project was part of Interfaith Works' holiday giving program, an effort by the local nonprofit organization to meet the needs of the homeless. The holiday season can be a time for children to learn the principals of benevolence, say child development experts. Involving children in charitable activities, modeling altruistic behavior and making a link between compassion and a higher power are all effective ways parents can teach their children the value of giving to the less fortunate.

"Children need to have empathy modeled for them and they need a script to follow or ideas for carrying out charitable acts," said Christine Pegoraro Schull, Ph.D., professor of Early Childhood Education at Northern Virginia Community College in Alexandria, Va. "Children aspire to be kind and to be good citizens, but they don't necessarily know how to do these things."

Involving Matthew and his siblings in philanthropic efforts through Potomac Presbyterian Church is one of the ways that their mother, Cyndy Mamalian, makes a connection between gratitude, charity and a higher power. "I think it's important for them to think beyond themselves and live out their faith," she said. "You need to put your faith into action, and that is about caring for other people."

Janet Dunlop, Matthew's Sunday school teacher and a member of the Mission Com-



PHOTO COURTESY OF CYNDY MAMALIAN

**Cyndy Mamalian's three children are collecting gifts for the homeless this holiday season. She hopes the project will help them understand the impact that giving can have on others.**

mittee at Potomac Presbyterian Church, melds volunteer projects with class discussions to teach her students about gratitude and charity. This holiday season, as the middle-school aged children clipped wrapping paper and tied ribbons around shoeboxes filled with deodorant, toothpaste, snacks and other essentials for the

homeless, she gave them a description of those who are on the receiving end of their project.

"Many young people growing up in Potomac don't have much experience with homelessness," said Dunlop. "When my husband and I arrive at the shelter with these boxes, the people there are so happy to receive

them. So, this is also about helping the children see another aspect of life and trying to instill in them a life-long ideal of service."

Charitable giving for adults often means donating old clothes at the end of the tax year or writing a check to a nonprofit organization. However, children might find it difficult to understand how these abstract

actions make a difference. That's why psychologists and educators recommend giving children first-hand experience in caring for others.

Jenny Trope, Ph.D. and her children raised money to purchase grocery store gift cards that they are distributing to homeless men and women they encounter this winter. "It gives the kids a glimpse of what it's like to be alone, hungry and stuck outside when it's cold," said Trope, who is also a marriage and family therapist based in Arlington, Va.

Such hands-on projects, coupled with a conversation about why it's important to take action to aid people in need of a helping hand, could drive home the message.

"Children aspire to be kind and to be good citizens, but they don't necessarily know how to do these things," said Schull.

A study by the United Nations Foundation and the Women's Philanthropy Institute at Indiana University-Purdue University Indianapolis found that talking to children about giving is highly effective for encouraging philanthropy, and increases a child's inclination to give by 20 percent.

"Conversations are critical. Talking about giving in combination with modeling is what actually increases children's giving," said Debra J. Mesch, Ph.D., director of the Women's Philanthropy Institute. "We ... know that these conversations need to be focused on why and how giving ... makes an impact on individuals in need, rather than simply talk that is more general, such as giving is the right thing to do."

The dialogue can include concrete examples of how a charitable action will benefit others, say mental health experts. "Around the holidays when you're struggling to survive, when you've lost everything and every decision you make is about meeting your absolute, basic needs, like how you're going to

take a shower, it's a nice surprise to get a wrapped box of soaps, toothpaste, socks, snacks and a personal note," said Nikki Stanaitis, LCSW-C of Interfaith Works. "It makes a person feel human and gives them the sense of normalcy that we all want."

Acts of charity displayed year-round can lead to life-long habits of philanthropy. "Don't reserve donating and volunteering for the holidays. By making it a way of life, you're sharing your value system about giving and helping others with your children," said Trope.

## Interfaith Works Holiday Shoebox Project

Help neighbors in need by decorating and filling shoeboxes with essentials and gift items to spread holiday cheer.

This can be a fun activity for families and groups, large or small. Here are guidelines and suggestions:

- ❖ Start with an empty shoebox, including box lid
- ❖ Cover both box and lid in holiday wrapping paper
- ❖ Write an encouraging note to tuck inside
- ❖ Fill it with suggested items: \$10 gift card (grocery store, Target)

SmarTrip cards

Travel-sized toiletries like lip balm, deodorant, shaving cream, new crew socks (men's or women's), pocket calendars, mini-flashlight and batteries (AA or AAA), scarf, gloves, mittens, hat, mini-notepads and mini-pens

Deliver shoe boxes to Community Vision program, 8210 Dixon Avenue, Silver Spring, Md., 301-585-4471. For more information contact Yvonne Esipila at yesipila@iworksmc.org or 301-315-1097.



## SPORTS



PHOTO BY HARVEY LEVINE/THE ALMANAC

### Whitman Girls Beat Magruder

The Whitman girls' basketball team bounced back from its second loss of the season, beating Magruder 66-34 on Monday.

The victory evened Whitman's record at 2-2. The Vikings lost to Georgetown Visitation 45-42 on Dec. 11.

Whitman will host Northwood at 7:15 p.m. on Wednesday, Dec. 16 and travel to face Blair at on Friday, Dec. 18.

### Whitman Boys Improve to 2-1

The Whitman boys' basketball team improved to 2-1 with a 75-66 win over Magruder on Monday. The win came three days after the Vikings lost to Georgetown Prep, 49-40.

Whitman will travel to face Northwood at 7:15 p.m. on Wednesday, Dec. 16.

### Churchill Boys Earn First Victory

The Churchill boys' basketball team defeated Paint Branch 80-69 on Monday for their first win of the season.

**Betsy Knox, seen last season, and the Whitman girls' basketball team are off to a 2-2 start this year.**

The Bulldogs (1-3) will host Kennedy at 7:15 p.m. on Wednesday, Dec. 16.

### Churchill Girls Suffer First Loss

The Churchill girls' basketball team lost to Paint Branch 51-32 on Monday, ending its three-game win streak.

The Bulldogs (3-1) opened the season with victories against Northwood, Crossland and Springbrook.

Churchill will travel to face Kennedy at 7:15 p.m. on Wednesday, Dec. 16.

### Wootton Girls in Search of First Win

The Wootton girls' basketball team dropped to 0-4 with a 66-52 loss to Poolesville on Monday.

The Patriots, who finished region runner-up last year, will host Quince Orchard at 7:15 p.m. on Wednesday, Dec. 16.

### Wootton Boys Drop Third Straight

After opening the season with a win against Northwest, the Wootton boys' basketball team suffered its third straight defeat, falling to Poolesville 63-57 on Monday.

The Patriots (1-3) will travel to face Quince Orchard at 7:15 p.m. on Wednesday, Dec. 16.

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**Middle School Information Session**  
Tuesday, January 12, 9:00 a.m.

**Upper School Featured Program Event:**  
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## Naive and Delusional



By KENNETH B. LOURIE

Some days, like today, I don't feel like I have cancer. I feel – delude – myself into thinking that I have/feel what everyone else at my age who doesn't have a "terminal" disease, has/feels. Now whether I'm into something or just rationalizing symptoms like any other cancer patient does – discounting any signs of potential trouble for fear of the consequences – I certainly don't know, and probably wouldn't admit to it anyway; mind over what might actually matter. Nevertheless, it's a good feeling to have, so long as I don't think about it too much and just go with the uninterrupted flow, at least until it's interrupted. I'll spare you the details – in this column, anyway.

But not thinking about having cancer – when you have cancer, seems counterintuitive almost. How do you not think about the most important thing in your life, the "thing" which is very likely shortening that life? I mean, being diagnosed with cancer is not exactly chicken soup for the soul; it's more a harbinger of things to come, most of which are not particularly good. And as much as I would encourage not focusing on a negative and the presumptive self-fulfilling outcome it might portend, denying its existence and pretending that all is right when previously your CT Scans indicated you've been wrong, is reckless and irresponsible, unless you know/feel something that modern medicine has yet to detect.

I don't know anything except what I feel, and most of those feelings are probably being routed through my brain and its desire for self-preservation. The point being: Am I thinking clearly? Thinking wishfully/hopefully? Or thinking normally? That is: pretending, denying, waiting, wondering. Being a cancer patient/survivor is an emotional roller coaster, and feeling good – however fleeting, has many rewards, but feeling bad as I now do (a mere two paragraphs later) is all it's cracked up to be.

Sure, I had chemotherapy the other day, so feeling good, then hours later feeling bad, was not totally unexpected; as you might imagine after nearly seven years of cancer treatment I sort of know the routine/cycle. Still, whenever I feel as good as I did in the opening paragraphs, I get disappointed when the inevitable bad feelings return, which last for a week or so – and what bothers me even more: I should know better (I do know better). But I can't help thinking/hoping that this will be the post-chemotherapy week when I won't feel what I've always felt every week after chemotherapy since the infusions began in early March 2009.

As much as I readily acknowledge how amazingly lucky I am to still be alive, I can't help expecting more. And when I don't get more, but instead get less, I don't usually take it well. Emotionally I get challenged and physically I get compromised. The combination results in a difficult set of circumstances. I don't exactly lose my focus or forget my good fortune, but I am reminded that I have a serious disease, one that is looking for trouble, and occasionally, it does have its way with me. The only saving grace is that it is all very familiar to me now, and as my Auntie Irene used to say: "This too shall pass," which of course, it always does – and then we're back to abnormal.

However, that time when I feel good, it's almost a tease, as I know the forthcoming bad. And yet I want to believe that feeling good, for whatever period, is somehow indicative of a future less complicated than my present. Still, I keep thinking that maybe after this infusion, the week-after will be different. Unfortunately, it's never different. It's always the same. Hope springs eternal though, and as a cancer patient, hope is our most valuable commodity. Thankfully, there's plenty for everyone.

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

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# Collecting Books for Stepping Stones Shelter

The Geneva Day School kindergarten class recently held a book drive with the goal of collecting 100 new children's books for Stepping Stones Shelter in Rockville. In addition to fostering a spirit of giving back to the community, teachers Ann Hepburn, Debra Lieberman and Jane Mondoneda also used the opportunity to incorporate a math lesson. The class counted and tallied all of the books they collected — more than doubling their intended donation with a total of 203 books.

Geneva Day School is a private school offering preschool and kindergarten programs for young children beginning at age two. Geneva Day School is located at 11931 Seven Locks Road. See [www.genevadayschool.org](http://www.genevadayschool.org).



The Geneva Day School kindergarten class collected 203 new children's books for Stepping Stones Shelter in Rockville.



Geneva School kindergarten teacher Debra Lieberman packs up book donations.

PHOTOS  
CONTRIBUTED

From left: Floyd Hammer, Outreach Program Founder; Kathy Hamilton, Outreach Program Founder; Jeff Bergman, WHC Hunger Project Co-Chair; Joan Adoff, WHC Hunger Project Co-Chair, and M. Bruce Lustig, WHC Senior Rabbi.



Volunteers participate in the Washington Hebrew Congregation Hunger Project.

PHOTOS  
CONTRIBUTED

# Hunger Project Reaches 500,000 Milestone

One hundred volunteers came together at the Julia Bindeman Suburban Center in Potomac to pack the 500,000<sup>th</sup> Washington Hebrew Congregation Hunger Project meal on Sunday, Dec. 6.

Started eight years ago, the WHC Hunger Project now packs 150,000 meals each year, which are delivered to local partner organizations, including Capital Area Food Bank, Maryland Food Bank, SOME, and Manna Food Center. At small-scale events through-

out the year, volunteers typically put together 10,000 meals. At the event on Sunday, nearly 12,000 meals were packed.

Fully funded by Washington Hebrew Congregation's Tikkun Olam Values (TOV) Fund, WHC Hunger Project helps provide food for individuals and families who cannot afford or do not have access to nutritionally adequate and safe food.

The food assembled at WHC Hunger Project events is distributed within seven days to local shelters, kitchens, schools, and

homes.

Floyd Hammer and Kathy Hamilton, founders of Outreach Program (see [outreachprogram.org](http://outreachprogram.org)), a non-profit that provides safe water, food, medical care, and education to those in need at home and abroad, joined Senior Rabbi M. Bruce Lustig, WHC Hunger Project Chairs Jeff Bergman and Joan Adoff, and WHC's volunteers in recognizing this milestone.

Learn more about WHC Hunger Project at [whctemple.org/HungerProject](http://whctemple.org/HungerProject).

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