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# Potomac ALMANAC

## On the Path To Park's 45th Birthday

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Lisa Berray, with Eva one of the mules that pulls the boat at the C&O Canal National Historical Park, welcomes visitors to the park's 45th birthday party on Saturday, Jan. 9.



# LET'S TALK Real Estate



by Michael Matese

## Using the Social Media

Back in the day, Social Media consisted of word of mouth, newspaper, and sign in the yard. Today, there are so many other options. The communication revolution is taking over, with everyone hopping on the bandwagon. There are still some hold outs of course, but understand this. Being a part of any social media outlet brings untold numbers of 'hits' to a listing.

It's a form of advertising and what better to serve a client? Social media has enabled new ways to initiate conversations, respond to feedback and communicate with a potential home buyer or seller in a shorter amount of time. And best of all, it's a good way to keep a closer eye on what's happening in the industry.

A buyer or a seller working with a Realtor who knows how to best utilize these assets can count on an immediacy to new listings, contract changes, etc. It's not always easy to maintain, and social connections don't just pop up on their own, but the effort put in will pay off. Your Realtor knows that consistency and a commitment to the effort will pay off in the long and the short run, so let a Realtor show you the way to make the most of marketing your home.

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

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Long & Foster Realtors  
**301-806-6829**

Mike@michaelmatese.com

## News



## Happy Birthday, C&O Canal Park

Park staff, volunteers, and visitors observed the C&O Canal National Historical Park's 45th birthday with birthday cake, music, and 19th century games at Great Falls Tavern, on Saturday, Jan. 9. Thirty years of public debate over the future of the "Grand Old Ditch" ended on Jan. 8, 1971 when President Nixon signed legislation creating the C&O Canal National Historical Park.



From left are Tom Sweeting and Doug Mitchell who are park volunteers, then Lewis Cabe, Vicki MacDonald, Frances MaLineng, and Karen Buglass each playing a Dulcimer.

## BULLETIN BOARD

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

### THROUGH JAN. 15

**Montgomery County Recreation** invites local sports and fitness professionals/organizations to register as an exhibitor in the County's first HERTIME2shine Expo. The event will be held on Feb. 13, 2016, at Westfield Montgomery Shopping Center, 7101 Democracy Blvd., Bethesda. Registration is free for exhibitors. Call 240-777-6870.

### THROUGH FEB. 16

#### Afternoon Grief Support Group.

Tuesdays starting Jan. 12, 1:30-3 p.m. at Faith United Methodist Church 6810 Montrose Road, Rockville. Free. Call 301-921-4400 to register.

### THROUGH FEB. 24

#### Loss of a Child Support Group.

Wednesdays starting Jan. 20, 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Free. Call 301-921-4400 to register.

### THROUGH FEB. 25

#### Evening Grief Support Group.

Thursdays, starting Jan. 21, 6:30-8

p.m. at Hughes United Methodist Church, 10700 Georgia Ave., Silver Spring. Free. Call 301-921-4400 to register.

### WEDNESDAY/JAN. 13

#### Senior Connection Volunteer

**Training.** 10 a.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Senior Connection volunteers provide a variety of services so that Montgomery County seniors can remain independent and stay in their own homes. Volunteers drive senior clients to medical and other appointments, help with grocery shopping and assist with monthly bill paying. Email [volunteer@seniorconnectionmc.org](mailto:volunteer@seniorconnectionmc.org) or call 301-942-1049.

### TUESDAY/JAN. 19

**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 53-15 regarding taxicab credit card transactions. Bill 53-15 would limit the amount a licensee may charge a driver or affiliate for processing a credit card transaction; amend the requirements for credit card processing systems in taxicabs; and generally amend County law concerning taxicabs. Visit [www.montgomerycountymd.gov](http://www.montgomerycountymd.gov).

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**POTOMAC  
ALMANAC**





Homestretch staffers with trees donated by Case Design/Remodeling, Inc.

## Contest Helps the Needy

Tree decorating designs donated to local charities.

A snowman and the Grinch helped brighten this past holiday season for some community members in need.

Designers and other employees of Case

Design/Remodeling, Inc. created Christmas trees for the firm's annual Christmas tree decorating contest last month. The trees, which had themes that included Alice in Wonderland and The Wizard of Oz, were

donated to the Clara Barton Center in Cabin John, a nonprofit organization that provides educational and childcare programs for children. Trees were also donated to Homestretch, a Falls Church, Va.-based nonprofit

that empowers homeless families with children to become self-sufficient. The winning entry was the "Peace for Paris" tree, a red, white and blue tribute to France. — MARILYN CAMPBELL



Case 2015 Christmas Tree Decorating Contest Winner: "Peace for Paris"

## Potomac Pilates To Relocate to Potomac Village

Larger site to accommodate more students.

BY SUSAN BELFORD  
THE ALMANAC

The Potomac Pilates studio will be relocating to the heart of Potomac Village from the Potomac Tennis Club on Potomac Tennis Lane. Helen Marshall, owner of Potomac Tennis Club, has decided that the multi-use facility, frequented by hundreds of Potomac residents each month, will be closing permanently in April.

"We are very excited that Potomac Pilates will be taking over the entire second floor — 4,000 square feet — of the Potomac Promenade Shopping Center at 9812 Falls Road," said Reina Pratt, owner of Potomac Pilates. "Our expected move-in date is spring. The new location will have an 1,800-square-foot state-of-the-art Pilates studio, a comprehensive retail boutique, a training facility and six administrative offices. It will be our headquarters and we will run all of our customer service from this location."

"Clients will access our studio through a door located on the Falls Road side — next to the former Toys Unique space — and they can park in both the front and the rear of the shopping center. The awning now reads 'Offices,' but it will read Pilates soon. The shopping center also houses SunTrust Bank, Wells Fargo Bank, Mix Restaurant, Potomac Pizza and Five Guys."

Since Pratt launched Potomac Pilates 10-years ago, the company has expanded from one studio in Potomac Village to five studios, located in Chevy Chase, The Palisades on MacArthur Blvd, McLean, Va. and Denver, Colo. Pratt opened the studio with seven instructors and has now expanded to 50. In the Potomac location alone, they hold 75 classes a week with 200 different clients weekly and about 500 client visits each week.

This year, the company rebranded Potomac Pilates to "Rock the Reformer" Pilates. "We now call ourselves RTR Pilates, but most still know us as Potomac Pilates."

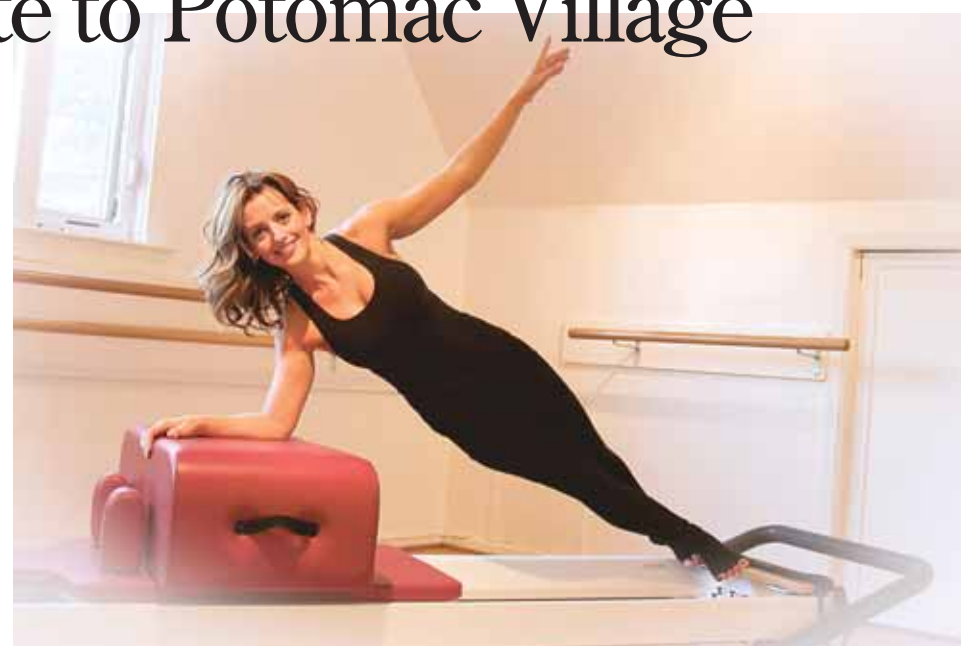


PHOTO BY HEARTWING PHOTOGRAPHY

Reina Pratt, owner of Potomac Pilates, on the reformer.

However, in Denver, we are Rock the Reformer or RTR Pilates," she said.

The major change with the new location will be the accommodation of 30 percent more students. Instead of nine students per

class, they will have room for three more reformers and therefore, the capacity for 12 students per hourly class. "Our clients will

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POTOMAC ALMANAC ♦ JANUARY 13-19, 2016 ♦ 3



# POTOMAC ALMANAC

www.PotomacAlmanac.com

Newspaper of Potomac  
A Connection Newspaper

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

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to  
your email box. Go to  
connectionnewspapers.com/subscribe

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**Potomac Almanac is published  
by Local Media Connection LLC**

**Five Time First Place  
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MDDC Press Association

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# OPINION

## Deportation Threats Against County Residents

The following statement was issued by Montgomery County Executive Ike Leggett and the Montgomery County Council.

Our nation faces a significant humanitarian challenge in how we deal with the thousands of children and families fleeing violence in Central America. Current conditions in El Salvador, Guatemala, and Honduras merit granting special temporary protection to these children and parents who have legitimate reason to fear for their lives if returned to their countries.

We recognize that the recently announced federal policy is narrowly crafted to apply only to those who have been issued final orders of removal by an immigration court. But the obvious truth is that many of these children and parents have not had adequate legal representation in these proceedings. No deportations should take place without ensuring that the person to be deported received adequate representation and due process of law under our Constitution.

Imagine being a teenager in a formal process in a forbidding setting in a strange land where they speak a language you do not understand. What chance would you have?

These children and parents deserve an opportunity to have their cases presented properly as they seek refuge in our nation. And for those ordered to be deported after receiving due process, no deportations should take place unless the federal government guarantees legally required family reunification and support to help them live in their own countries safely. Failure to guarantee these essential protections is unthinkable as it will deliver them back to the very violence and human trafficking that caused many of them to flee to the United

States.

We in Montgomery County, especially our public safety officers, have worked extremely hard to build trust with our immigrant population. We are convinced this is the key to reducing crime and building a thriving, welcoming community where all can live in peace.

We are very concerned that any federal enforcement actions in our county not undermine this trust and threaten public safety in our community.

We want all of our community members to know that they are free to go about their daily life, to go to schools and work, social service agencies, hospitals and medical clinics, community organizations and public buildings, as well as grocery stores and other commercial areas.

We respectfully recommend that federal authorities proceed with great caution and respect for the values of our country and requirements of our Constitution. Please take the time necessary to ensure that any deportation is based on a court action only after due process and, if the deportation is ruled to be appropriate, carried out with the protections required by law.

Please assure us that our residents are free to go to school and work, attend services at their faith congregations, seek needed medical attention, and ask for help from our police without fear. A warrant to arrest one person must not be used to round up many.

We applaud the recent federal budget commitment to spend \$750 million to address the root causes that have led people to flee Central America.

We ask that the federal government dramatically step up the pace of the existing Central American Minors Program to provide a legal in-country path for children with parents lawfully in the United States. And we ask that lo-

cal governments here in the United States be given adequate federal support for receiving these children and helping them reunite with their parents.

To the members of our Montgomery County community who are justifiably concerned about the federal government's most recent deportation actions, we encourage you to go about your daily activities free of fear.

Go to your schools, work, and faith congregations, social service agencies, hospitals and medical clinics, community organizations and public buildings, as well as grocery stores and other commercial areas.

Continue helping us work hard every day to make Montgomery County one of the very best places to live, work, play, and age with dignity in the nation.

Please know that our county police will play no role in enforcing federal immigration law. If you have reason to need help from our police, do not be afraid to call on them.

We will continue to work closely with our community-based nonprofit and faith based partners to develop ongoing "know your rights" training around the county, increase pro bono legal support, and develop and distribute educational materials as part of a bilingual public information campaign.

We are proud of the people who have come to Montgomery County from every corner of the globe. You have enriched our community, and you will always be welcome here. Some of us have had the privilege of traveling to our Sister City in Morazán, El Salvador where we experienced the beauty of Central America and the graciousness of its people. We know that if we all act with calm and dignity and work together, we have the capacity to get through these difficult times and improve the lives of those who have come to our country and those who remain in their native lands.

## COMMENTARY

## Pet Photos for the Pet Almanac

The Pet Almanac, a twice-yearly special edition, will publish on Feb. 24, and photos and stories of your pets with you and your family should be submitted by Feb. 17.

We invite you to send us stories about your pets, photos of you and/or your family with your cats, dogs, llamas, alpacas, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your home or yard with you.

Tell us the story of a special bond between a child and a dog, the story of how you came to adopt your pet, or examples of amazing feats of your creatures.

Do you volunteer at an animal shelter or therapeutic riding center or take your pet to visit people in a nursing home? Does your business have a pet? Is your business about pets? Have you helped to train an assistance dog? Do you or someone in your family depend

on an assistance dog?

Or take this opportunity to memorialize a beloved pet you have lost.

Just a cute photo is fine too. Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature, identify everyone in the photo, give a brief description of what is happening in the photo, and include address and phone number. (We will not publish your address or phone number, just your town name).

Email to Almanac@connectionnewspapers.com or online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## BULLETIN BOARD

FROM PAGE 4

### WEDNESDAY/JAN. 20

**Public Input on FY17 County Operating Budget Forum.** 7 p.m. at Silver Spring Civic Center, One Veterans Plaza, Silver Spring. The forums are held every year by County Executive Ike Leggett to get public feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

**Senior Connection Volunteer Training.** 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Senior Connection volunteers provide a variety of services so that Montgomery County seniors can remain independent and stay in their own homes. Volunteers drive senior clients to medical and other appointments, help with grocery shopping and assist with monthly bill paying. Email volunteer@seniorconnectionmc.org or call 301-942-1049.

**Public Hearing.** 7:30 p.m. at Seventh Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Charter Review Commission is seeking suggestions from county residents on possible amendments to the County Charter. Call 240-777-7928 or email charterreview.commission@montgomerycountymd.gov.

### THURSDAY/JAN. 21

**Public Input on FY17 County Operating Budget Forum.** 7 p.m. at Mid-County Community Recreation Center, 2004 Queensguard Road, Silver Spring. The forums are held every year by County Executive Ike Leggett to get public feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

SEE BULLETIN, PAGE 5





**Potomac Pilates will be relocating to the heart of Potomac Village from the Potomac Tennis Club on Potomac Tennis Lane**

PHOTO CONTRIBUTED

## Relocating to Potomac Village

FROM PAGE 3

be pleased with the modern new facility and the class availability,” said Pratt. “We hope to increase our hours of operation and to attract more men into our programs. We have recently seen an uptick of men in our Potomac Tennis facility. Many doctors and physical therapists are recommending Pilates to strengthen the core, back, hamstrings and other muscles as both restorative and prevention of injuries.”

An instructors’ training portal will also be featured at the new location. New instructors are required to complete about 200 hours of training, classroom teaching, observations and teach-backs — and current instructors must also stay abreast of the latest instructional techniques. The Potomac Pilates training program is copyrighted. Pratt authored the training manual and launched an on-line system that her instructors can access for in-



HEARTWING PHOTOGRAPHY

**Reina Pratt, owner of Potomac Pilates.**

formation and new instructional ideas. Instructors also attend and lead workshops for other instructors; Ulrich Rosemond recently returned from a training workshop in Italy and will host a training seminar for Potomac Pilates instructors next weekend which will include a number of Italian innovations for Pilates instruction.

“We are extremely sad to see the Potomac Tennis Club close,” said Pratt. “It was such a wonderful community and we all worked together to make it a comfortable place for Potomac residents to frequent. We all got along so well — the tennis staff, tennis players, the fitness trainers, their clients and the Potomac Pilates staff. I’m hopeful that we will bring positive energy to our new space in the Village.”

The new website for Rock the Reformer/Potomac Pilates is [www.RocktheReformer.com](http://www.RocktheReformer.com) and its telephone number is 301-983-3745 or email Pratt at [info@RTRpilates.com](mailto:info@RTRpilates.com). Classes run from 7 a.m. – 7:30 p.m.

## BULLETIN BOARD

FROM PAGE 4

### FRIDAY/FEB. 12

**Bereavement Workshop: “Forever Yours.”** 1-2:30 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. This workshop is for widows, widowers and life partners who want to honor and remember their loved ones on Valentine’s Day. Free. Call 301-921-4400 to register.

### GUIDE DOG FOSTERS NEEDED

**Guiding Eyes for the Blind –** Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Visit [www.guidingeyes-md.org](http://www.guidingeyes-md.org).

### SUPPORT GROUPS

**Suicide Grief Support Group.** At JSSA, 6123 Montrose Road, Rockville.

[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)

This ongoing bereavement support group is for those who have lost a loved one to suicide. Meets first and third Mondays. Free. Pre-registration is required. Call 301-816-2708.

**Because I Love You** is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child’s behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit [www.becauseiloveyou.org](http://www.becauseiloveyou.org), email [hbritel@netzero.com](mailto:hbritel@netzero.com) or call 301-530-3597.

**Adult Bereavement Groups.** Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or [Pennyg@hospicecaring.org](mailto:Pennyg@hospicecaring.org).

### ONGOING

**SUPPORT.** Two county services can

help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m. to 5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m. to 7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m. to 5 p.m. Call Connect-a-Ride at 301-738-3252.

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Former student Sara Dabney Tisdale in Studio Theatre's production of Mary-Kate Olsen is in Love. Publicity photo: Teddy Wolff.

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## What's Hot in Remodeling for 2016?



Looking for inspiration for your next remodel? Here are some of the top trends we're anticipating this year.

### Bold Accent Walls

Move over paint and wallpaper. The new way to pop an accent wall in any room is with tile or stone. Partial horizontal backsplashes will continue to be replaced by full walls of tile in the kitchen and bath.

### Colors of the Year

Pantone announced its two-color winner for 2016: Rose Quartz and Serenity, a pale pink and periwinkle blue combo that are stirring much debate.

### Open Layouts

Homeowners will continue to embrace open floor plans in 2016, and the kitchen will remain the primary anchor of these spaces. This can mean building an addition or reconfiguring existing square footage.

### Space for Aging Parents

More and more homeowners want to care for elderly parents at home rather than send them to costly caregiving facilities. The projects range from wheelchair accessibility and safety upgrades, to building private mother-in-law suites.



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.

Visit [GlickmanDesignBuild.com](http://GlickmanDesignBuild.com) or call 301.444.4663 to learn more.

# ENTERTAINMENT

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

## ONGOING

**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 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).

**"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).

**"Wake Up, Brother Bear."** Through Jan. 31, 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.

**Latino Art League Exhibit.** Through Jan. 31 at Bethesda Regional Library, 7400 Arlington Road, Bethesda. Artists originally from Argentina, Bolivia, Chile, Colombia, Cuba, Peru, Puerto Rico, Venezuela, and the U.S. display small format work. Free. Visit [www.thelatinoartleague.org](http://www.thelatinoartleague.org) for more.

**"Wind From the East."** Through Feb. 6, 12-6 p.m. Tuesday-Saturday at Waverly Street Gallery, 4600 East-West Highway, Bethesda. Painter Michio Mizuuchi will display her Japanese Zen-inspired acrylic work alongside the wood-fired and soda/gas-fired ceramics of Yang-ja Lee. Free. Visit [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com) for more.

**"NEST: Every Human Deserves a Home."** Gallery hours at VisArts, 155 Gibbs St., Rockville. "NEST" is a multi-disciplinary work by Sandra Atkinson using contemporary dance, visual art, music, and film to investigate the concepts of a NEST (home) for those without one. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**VisArts Cocktails and Canvas Class.** at VisArts in the Painting &

Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit [www.visartsatrockville.org/cocktails-and-canvas](http://www.visartsatrockville.org/cocktails-and-canvas) for more.

**Thang Ta.** Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit [www.dancesidra.org](http://www.dancesidra.org).

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

**Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit [www.pgip.org](http://www.pgip.org) for more.

**Mommy & Me (& Daddy, Too).** Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. Visit [rockvilletownsquare.com/events/mommy-and-me](http://rockvilletownsquare.com/events/mommy-and-me).

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

**Chocolate Factory Tours.** Fridays and Saturdays, 2-5:45 p.m. at SPAGNOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit [www.spagnola.com](http://www.spagnola.com).

**Glen Echo Park Films.** Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit

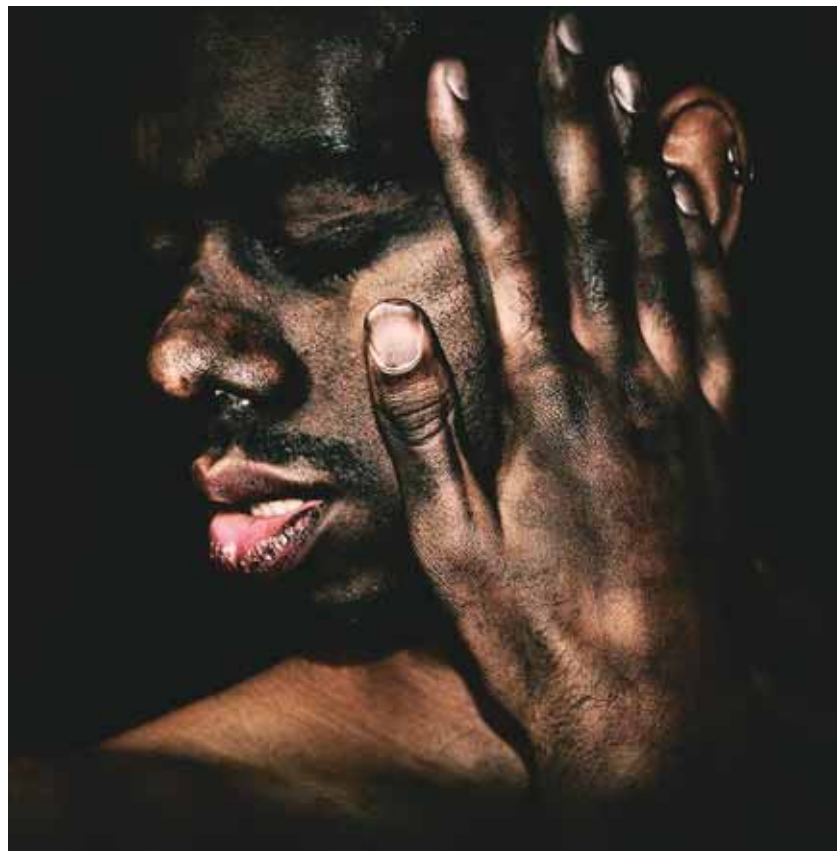


PHOTO BY DESMOND BEACH

## 'Self and Subject' Explores Modern Portraiture

Artists Desmond Beach, Corinne Diop, Deborah Lash, Catherine Mueller, Tara Ott, Gayle Rothschild, Jennifer Tremblay, and Jason Edward Tucker display photographs exploring the possibilities of a newer interpretation of the photo portrait. "Self & Subject," which will run Jan. 15-24 at Glen Echo Photoworks Gallery, 3700 MacArthur Blvd., Glen Echo, is curated by John Borstel in conjunction with his upcoming "Ideas in Contemporary Portraiture" course, weekly at Photoworks, June 8-July 13. The opening reception and gallery talk is scheduled for Saturday, Jan. 16. Admission to the exhibit is free. See [www.glenechopark.org](http://www.glenechopark.org) for more.

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

## THURSDAY/JAN. 14

**Panel Discussion/Book Signing.** 7-9 p.m. at Bethesda Public Library, 7400 Arlington Road, Bethesda. Author of "Love Her, Love Her Not: The Hillary Paradox" Joanne Cronrath Bamberger will moderate a panel of contributors including Veronica Arreola, Jennifer Hall Lee, Katherine Reynolds Lewis, and Emily Zanotti Skyles. Free. Visit [www.joannebamberger.com](http://www.joannebamberger.com) for more.

## FRIDAY/JAN. 15

**Mary Ann Redmond.** 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Jazz singer

Redmond is joined by bassist Paul Langosch and pianist Jay Cooley. Tickets are \$20. Visit [www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com).

**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.

## JAN. 15-24

**"Self & Subject."** Gallery hours at Glen Echo Photoworks Gallery, 3700 MacArthur Blvd., Glen Echo. Artists Desmond Beach, Corinne Diop, Deborah Lash, Catherine Mueller, Tara Ott, Gayle Rothschild, Jennifer

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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

## JANUARY

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 - Nat'l. Children's Dental Health Month  
2/10/2016.....HomeLifeStyle

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# ENTERTAINMENT

Tremblay, and Jason Edward Tucker display photographs exploring the possibilities of a newer interpretation of the photo portrait. Free. See [www.glenechopark.org](http://www.glenechopark.org) for more.

## SATURDAY/JAN. 16

**Winter Wonderland Canal Walk.** 10 a.m.-2 p.m. at Third Parking Area, Carderock Recreation Area—C&O Canal Towpath, Cabin John. 10km trail, with a 5km option, rated 1B. Free. Visit [www.sugarloafers.org](http://www.sugarloafers.org) for more.

**Ukulele Phil & The Hula Kids.** 10:30-11:15 a.m. at Cabin John Mall Atrium, 11325 Seven Locks Road, Potomac. Children-friendly live music. Free. Visit [www.shopcabinjohn.com](http://www.shopcabinjohn.com) for more.

**“If Pigs Could Fly.”** 1 p.m. at Davis Branch Library, 6400 Democracy Blvd., Bethesda. The interactive program invites children in the audience to accompany three young pigs on their airplane voyage to other countries and cultures. The program is recommended for children 3-11. Free. Call 240-777-0922.

**Holiday Wonderland.** 1:30-3:30 p.m. at Jane E. Lawton Community Recreation Center, 4301 Willow Lane, Chevy Chase. Family-oriented community event to welcome winter and the New Year. Find light refreshments, arts and craft activities, goodie bags, and a holiday-based puppet show by Blue Sky Puppet Theater. Free. Call 240-777-6855 for more.

**Joe Clair & Friends.** 7 p.m. and 10 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Joe Clair featuring comedians Ronnie Jordan, Eddie Bryant and Chris Thomas present “Let Laughter Ring Comedy Bash.” Tickets are \$25. Visit

[www.bethesdabluesjazz.com](http://www.bethesdabluesjazz.com) or call 240-330-4500.

**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.

## 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.

**Speed Dating.** 7 p.m. at Vino Volo, 7243 Woodmont Ave., Bethesda. Singles ages 35-49 are invited to a speed dating event. Tickets are \$20. Visit [www.lightningspeeddating.com](http://www.lightningspeeddating.com) for more.

**Lamb of God.** 7 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Rock group Lamb of God shares stage with Anthrax, Deafhaven, and Power Trip. Tickets are \$38. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

**Christian Scott Concert.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Scott’s jazz has received a Grammy nomination and multiple Edison Awards. Tickets are \$30-40. Visit [www.ampbystrathmore.com](http://www.ampbystrathmore.com).

## MONDAY/JAN. 18

**Winter Craft Day.** 8:30 a.m.-5 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Children ages 5-12 are invited to enjoy ice-skating, hot chocolate, and winter-themed craft projects. This session is \$100. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

**MLK Tribute.** 3:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Approximately 2,000 people including Montgomery County officials and local press participate in the Strathmore’s commemoration of the life and work of the Reverend Dr. Martin Luther King, Jr. Tickets are free. Limit four tickets per household. Visit [www.strathmore.org](http://www.strathmore.org) for more.

## WEDNESDAY/JAN. 20

**Film Screening: “Free Men.”** 12 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. This film depicts a previous period in French history when there was a sizable Algerian presence in Paris. Free. Visit [www.harshalom.org](http://www.harshalom.org) for more.

## THURSDAY/JAN. 21

**Baltimore Symphony Orchestra: Pixar in Concert.** 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Pixar presents a compilation of the music and imagery from Pixar’s 13 feature films, performed by the BSO SuperPops. Tickets are \$17.50-99. Visit [www.bsomusic.org](http://www.bsomusic.org) for more.

**Eliades Ochoa y Barbarito Torres.** 8 p.m. at the Fillmore Silver Spring, 8656 Colesville Road, Silver Spring. Cuban guitarist and singer Eliades Ochoa and musician Barbarito Torres

perform. Tickets are \$45. Visit [www.fillmoresilverpring.com](http://www.fillmoresilverpring.com) for more.

## FRIDAY/JAN. 22

**Big Pants & Hot Flashes.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Comedians Julia Scotti and Kevin Meaney will perform, then give a candid Q&A. Tickets are \$20-30. Visit [www.ampbystrathmore.org](http://www.ampbystrathmore.org).

## JAN. 22-31

**MoCo Restaurant Week.** At various restaurants in Montgomery County. Diners will be able to partake prix-fixe lunch and dinner menus at 44 area restaurants. Visit [www.bethesdamagazine.com](http://www.bethesdamagazine.com) for more.

## SATURDAY/JAN. 23

**Chopteeth.** 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. This 12-piece orchestra performs jazz, funk, and Afrobeat. Tickets are \$20-30. Visit [www.ampbystrathmore.org](http://www.ampbystrathmore.org).

## SUNDAY/JAN. 24

**Dixieland Jazz Jam Session.** 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or listen to the classic jazz, Dixieland, and swing. Tickets are \$10, free for musicians and students. Call 301-762-3323.

## MONDAY/JAN. 25

**Winter Craft Day.** 8:30 a.m.-5 p.m. at

VisArts at Rockville, 155 Gibbs St., Rockville. Children ages 5-12 are invited to enjoy ice-skating, hot chocolate, and winter-themed craft projects. This session is \$100. Visit [www.visartsatrockville.org](http://www.visartsatrockville.org) for more.

## JAN. 27-FEB. 21

**“Father Comes Home From the Wars.”** Various times at Round House Theatre, 4545 East-West Highway, Bethesda. Set during the Civil War, this drama follows a slave, Hero, from West Texas to the Confederate battlefield. Inspired in part by the stories and scope of Greek tragedy, this trilogy examines the mess of war and the true cost of freedom. Tickets are \$30, also find pay-what-you-can performances and free performances for students. Visit [www.roundhousetheatre.org](http://www.roundhousetheatre.org) for more.

## SUNDAY/JAN. 31

**The Montgomery County Camp & Summer Fun Expo.** 10 a.m.-5 p.m. at Hilton Hotel & Executive Meeting Center, 1750 Rockville Pike, Rockville. Find more than 60 exhibitors with discounts & entertainment. Free. Visit [www.washingtonparent.com](http://www.washingtonparent.com) for more.

**Delmarva Review Workshop.** 2-4 p.m. at The Writer’s Center, 4508 Walsh St., Bethesda. Sue Ellen Thompson, Anne Colwell, Wendy Mitman Clarke, Arden Levine, and Sheila Walker, will be present in celebration of the eighth edition of The Delmarva Review. Free. Visit [www.writer.org](http://www.writer.org) for more.

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# HomeLifeStyle

## Color of the Year

### Pantone honor bestowed on two colors for 2016

By MARILYN CAMPBELL  
THE ALMANAC



PHOTOS COURTESY OF PATINA POLISHED LIVING

**Serenity, a shade of blue that was named a Pantone Color of the Year selection for 2016, can work as an alternative to the popular neutral palette, says Amanda Mertins of Patina Polished Living in Alexandria, Va.**

### HOME SALES

In November 2015, 45 Potomac homes sold between \$3,275,000-\$110,800.

Address	BR	FB	HB	...	Postal	City	...	Sold Price	...	Type	...	Lot AC	Postal Code	...	Subdivision
11509 DAHLIA TER	6	...	5	...	1	POTOMAC	...	\$3,275,000	...	Detached	...	0.62	20854	...	MERRY GO ROUND FARM
10611 MACARTHUR BLVD	6	...	8	...	1	POTOMAC	...	\$1,700,000	...	Detached	...	0.56	20854	...	POTOMAC OUTSIDE
11308 GREENBRIAR PRESERVE LN	5	...	5	...	1	POTOMAC	...	\$1,450,000	...	Detached	...	0.33	20854	...	GREENBRIAR PRESERVE
10020 ORMOND RD	5	...	4	...	2	POTOMAC	...	\$1,385,000	...	Detached	...	1.10	20854	...	POTOMAC VILLAGE
10808 STANMORE DR	4	...	4	...	1	POTOMAC	...	\$1,330,000	...	Detached	...	2.24	20854	...	GREAT FALLS ESTATES
8553 HORSESHOE LN	4	...	3	...	0	POTOMAC	...	\$1,300,000	...	Detached	...	2.00	20854	...	POTOMAC RANCH
12107 STONEY CREEK RD	5	...	4	...	1	POTOMAC	...	\$1,249,000	...	Detached	...	2.01	20854	...	LAKE POTOMAC
10905 PLEASANT HILL DR	5	...	4	...	2	POTOMAC	...	\$1,180,000	...	Detached	...	3.29	20854	...	GREAT FALLS ESTATES
8901 IRON GATE CT	6	...	4	...	2	POTOMAC	...	\$1,180,000	...	Detached	...	2.06	20854	...	CAMOTOP
9416 TOBIN CIR	6	...	4	...	1	POTOMAC	...	\$1,150,000	...	Detached	...	0.54	20854	...	MCAULEY PARK
10613 MORNING FIELD DR	6	...	4	...	1	POTOMAC	...	\$1,135,000	...	Detached	...	0.27	20854	...	PINEY GLEN VILLAGE
9813 GLYNESHIRE WAY	5	...	4	...	1	POTOMAC	...	\$1,100,000	...	Detached	...	0.34	20854	...	CLAGETT FARM
12820 TRAVILAH RD	5	...	5	...	0	POTOMAC	...	\$1,080,000	...	Detached	...	2.03	20854	...	TRAVILAH MEADOWS
8509 SCARBORO CT	4	...	4	...	1	POTOMAC	...	\$1,060,000	...	Detached	...	0.36	20854	...	WINDSOR HILLS
9404 SUNNYFIELD CT	5	...	4	...	1	POTOMAC	...	\$1,050,000	...	Detached	...	0.22	20854	...	BEDFORDSHIRE
9304 WINTERSET DR	5	...	3	...	1	POTOMAC	...	\$1,025,000	...	Detached	...	0.34	20854	...	WINTERSET
8500 SCARBORO CT	4	...	3	...	2	POTOMAC	...	\$1,020,000	...	Detached	...	0.35	20854	...	WINDSOR HILLS
11101 WILLOWBROOK DR	5	...	4	...	1	POTOMAC	...	\$1,000,000	...	Detached	...	0.28	20854	...	NORMANDY HILLS
8807 DAIMLER CT	4	...	3	...	0	POTOMAC	...	\$990,000	...	Detached	...	0.54	20854	...	OLDFIELD
10823 ADMIRALS WAY	4	...	3	...	2	POTOMAC	...	\$965,000	...	Detached	...	1.20	20854	...	DARNESTOWN OUTSIDE
10407 RIVERWOOD DR	3	...	2	...	1	ROCKVILLE	...	\$925,000	...	Detached	...	3.30	20854	...	POTOMAC OUTSIDE
9305 LANGFORD CT	4	...	2	...	1	POTOMAC	...	\$915,000	...	Detached	...	0.37	20854	...	HERITAGE FARM
8216 BUCKSPARK LN W	5	...	2	...	2	POTOMAC	...	\$870,000	...	Detached	...	0.35	20854	...	EAST GATE OF POTOMAC
2406 HENSLOWE DR	4	...	3	...	1	POTOMAC	...	\$790,000	...	Detached	...	0.27	20854	...	ORCHARD RIDGE
10201 GAINSBOROUGH RD	4	...	2	...	1	POTOMAC	...	\$780,500	...	Townhouse	...	0.10	20854	...	EAST GATE OF POTOMAC
9408 WOODINGTON DR	5	...	3	...	0	POTOMAC	...	\$779,000	...	Detached	...	0.36	20854	...	BEDFORDSHIRE
2312 HENSLOWE DR	5	...	3	...	1	POTOMAC	...	\$765,000	...	Detached	...	0.20	20854	...	ORCHARD RIDGE
9508 WOODINGTON DR	4	...	2	...	1	ROCKVILLE	...	\$730,000	...	Detached	...	0.36	20854	...	BEDFORDSHIRE
10436 DEMOCRACY LN	5	...	2	...	1	POTOMAC	...	\$725,000	...	Attach/Row Hse	...	0.10	20854	...	EAST GATE OF POTOMAC
1007 SAMPLERS WAY	4	...	3	...	1	POTOMAC	...	\$712,500	...	Detached	...	0.22	20854	...	ORCHARD RIDGE
12436 ANSIN CIRCLE DR	3	...	3	...	1	POTOMAC	...	\$680,000	...	Townhouse	...	0.03	20854	...	WHEEL OF FORTUNE
8901 PADDOCK LN	3	...	2	...	1	POTOMAC	...	\$674,000	...	Detached	...	0.32	20854	...	POTOMAC COMMONS
11712 TIPTON DR	4	...	3	...	0	POTOMAC	...	\$673,000	...	Detached	...	0.21	20854	...	REGENCY ESTATES
8005 INSPECTION HOUSE RD	4	...	2	...	1	POTOMAC	...	\$670,000	...	Detached	...	0.31	20854	...	REGENT PARK
11416 GEORGETOWNE DR	5	...	2	...	1	ROCKVILLE	...	\$650,000	...	Detached	...	0.21	20854	...	REGENCY ESTATES
8804 TUCKERMAN LN	4	...	3	...	1	POTOMAC	...	\$645,000	...	Detached	...	0.29	20854	...	OLDFIELD
11908 FROST VALLEY WAY	3	...	2	...	2	POTOMAC	...	\$635,000	...	Townhouse	...	0.07	20854	...	FALLSBERRY
8613 BUNNELL DR	4	...	2	...	1	ROCKVILLE	...	\$629,000	...	Detached	...	0.19	20854	...	HIGHLAND STONE
10711 SEVEN LOCKS RD	4	...	2	...	1	POTOMAC	...	\$620,000	...	Detached	...	0.21	20854	...	POTOMAC OUTSIDE
11833 GAINSBOROUGH RD	5	...	3	...	1	POTOMAC	...	\$600,000	...	Detached	...	0.26	20854	...	WILLERBURN ACRES
9735 CLAGETT FARM DR	4	...	2	...	1	POTOMAC	...	\$599,000	...	Townhouse	...	0.08	20854	...	CLAGETT FARM
7829 HEATHERTON LN	3	...	2	...	2	POTOMAC	...	\$589,018	...	Attach/Row Hse	...	0.05	20854	...	INVERNESS KNOLLS
11710 SMOKETREE RD	4	...	3	...	0	POTOMAC	...	\$525,000	...	Detached	...	0.22	20854	...	REGENCY ESTATES
8183 INVERNESS RIDGE RD	3	...	2	...	2	POTOMAC	...	\$510,000	...	Townhouse	...	0.05	20854	...	INVERNESS FOREST TH
12613 TOBYTOWN DR	1	...	1	...	0	POTOMAC	...	\$110,800	...	Duplex	...	0.05	20854	...	DARNESTOWN OUTSIDE

Copyright 2015 RealEstate Business Intelligence. Source: MRIS as of December 15, 2015.

Two colors, Serenity (light blue) and Rose Quartz (pale pink), were recently named the Pantone Color of the Year selection for 2016. Pantone provides professional color standards for the design industries, and each year, the hues are credited with influencing fashion and interior design.

This is the first time in the 16-year history of Pantone's annual color crowing that the honor has been bestowed on two hues.

From upholstery and paint to decorative accents and works of art, local designers offer thoughts on how the demure shades can be incorporated into interior décor.

"Light blue shows warmth and is welcoming," said James Nicolson, vice president of Sales and Operations at Tech Painting Co. in Alexandria, Va. "Periwinkle is a common color for powder rooms and eat-in kitchen areas. But pink is kind of a strange color because if men are involved, they are often put off by it."

Gretchen Fuss, an Alexandria-based artist and interior designer, incorporates the shades into her own works of art. "There are realistic ways to use these colors," she said. "Serenity is by far one of my favorite shades of blue and I will revisit it in my artwork. Rose Quartz and Serenity remind me of the sun setting on the water. I see both as soft accents that can easily marry into the styling of the gray regime."

Designer Courtney Cox of Ivy Lane Living in Alexandria, Va., says she and her partner Alex Deringer

used the pink hue in a bedroom of the D.C. Design House last year. "While we didn't expect that Pantone would select two shades for its color of the year, we were charmed but not completely surprised to see Rose Quartz in the mix," she said. "We have been loving the warm, inviting hue for a while now."

Fresh alternatives to the traditional neutral palette is how Amanda Mertins of Patina Polished Living in Alexandria, Va. describes the Pantone picks. "Think pale soft pink walls with a muted blue sofa," she said. "These colors work best together if you keep your furniture and accessories sleek not fussy. Individually they lend themselves to linens, accent chairs and throw pillows."

Pantone's Color of the Year selection began in 1999 and serve as a barometer of the current mood of society. The 2016 picks offer tranquility, evoke inner peace and provide a respite from the stress of daily life.

"Serenity and Rose Quartz demonstrate an inherent balance between a warmer embracing rose tone and the cooler tranquil blue, reflecting connection and wellness as well as a soothing sense of order and peace," said Leatrice Eiseman, executive director of the Pantone Color Institute in announcing this year's selection.

Artist and author Kathryn Horn Coneway of Art at the Center in Alexandria, Va., appreciates the decision to choose two colors and believes that color has the power to affect emotions. "Colors create moods by their relationships to each other," she said. "Different color combinations evoke a different sense of energy in a composition."



**Pantone's Color of the Year selections lend themselves to linens, accent chairs and throw pillows, says Amanda Mertins of Patina Polished Living in Alexandria, Va.**



# HomeLifeStyle

## Design Trends for 2016

Local style gurus predict the elements that will be popular this year.

BY MARILYN CAMPBELL  
THE ALMANAC

The start of the year offers an opportunity to ring in new trends, particularly when it comes to a home's interior. From sustainably sourced textiles to sparsely accessorized rooms, local tastemakers look into their crystal balls and offer predictions on design elements that will be popular this year.

Interior design is going high tech, allowing designers and clients an opportunity to work collaboratively during the design process. "Technology seems to be driving design firms," said Jean P. Freeman, professor of Interior Design at Marymount University in Arlington, Va. "Since there are so many computer programs that assist designers in creating visual, 3-D drawings, clients are able to better understand the designs. Designers and clients both are able to visualize how spaces appear with colors, textures, volume, proportion and other aspects of design."

Freeman believes that consumer demand for energy efficient appliances and designs, as well as sustainably sourced materials, is a trend that will continue and even be elevated. "Now they are interested to find out the origins of various textiles, furniture [and] cabinets," said Freeman. "Clients are seeking healthy environments that are safe. The off gassing of toxic gases from some of the synthetic materials used in carpet, paint, upholstery, furniture is now considered harmful."

Eschewing fussy and indulgent decor in favor of a clean and simple aesthetic is a trend that Kristine Winner, associate professor of Interior Design at Northern Virginia Community College expects to see this year. "... This indicates a trend toward more comfortably contemporary environments with minimal accessories," she said. "It also indicates that we should be designing interiors for people that will allow them to be surrounded by the things they love rather than a load of things selected for no real reason."

The trend toward decluttering and simplification will extend to home choices. "Go small or go home" is one theme that Sharon Kleinman of Transitions in Potomac believes will resonate with consumers this year.

"One trend I'm seeing among my clients is that they are either downsizing from large homes on more acreage or moving towards city living with little to no property and more compact living space," said Kleinman. "I'm also seeing clients gravitate towards transitional furnishings. There doesn't seem to be as great a divide between the more traditional versus the more modern."

Outdoor upholstery fabric will no longer be confined to alfresco furniture, forecasts Amanda Mertins,



PHOTO BY GWYN HUNT

**Downsizing from a large home to a compact living space will be popular this year, says interior designer Sharon Kleinman.**

president of Patina Polished Living in Alexandria, Va. "One of the most popular design trends for this year is the use of outdoor fabric for indoor upholstery," she said. "It has been used for high traffic rooms especially where kids are involved but now, given a broader selection and interesting patterns, customers are using it in traditional living areas and dining rooms."

Elegant and bold mirrors will make an appearance in bathrooms marrying style and function. "Bye-bye to medicine cabinets and hello to mirrors that make a statement," said Mertins.

"Modern metallics, large wood-framed and vintage mirrors add interest and boost style to a utilitarian space which is used every day."

Furniture and accessories made of Lucite, a transparent plastic material, is one trend that Marika Meyer of Marika Meyer Interiors predicts for 2016. The designer also expects to see a transition from cool grays to warmer grays, whites and

cool beiges being used as neutral shades. "We are seeing a return to organic patterns as a change from the strong geometrics, which have populated the fabric field for the last few years," she said. "Colors and patterns are still quite popular and will be."

Trends that Gretchen Fuss, interior designer with Tchoupitoulas Furnishings in Alexandria, Va., expects to see include "classic, elegant, fundamental pieces with clean lines as seen in midcentury modern, vignettes composed in thoughtful arrangements that include pops of color found in Abstract art," she said.

**"We should be designing interiors for people that will allow them to be surrounded by the things they love rather than a load of things selected for no real reason."**

— Kristine Winner,  
Associate Professor, Interior Design,  
Northern Virginia Community College

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-William Van Horne

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# "You're Old News"



By KENNETH B. LOURIE

So said my wife, Dina, after hearing me describe my most recent visit to the Infusion Center. Visits which I've now made approximately 100 times since I received my cancer diagnosis in late February, 2009. For nearly seven years, save for 15 months or so when I was taking two pills a day at home instead of infusing once every three weeks, I have been an oncology patient getting treated for stage IV, non-small cell lung cancer (NSCLC) – a treatable but not-curable form of cancer, as my oncologist explained to Team Lourie on February 27th, 2009. In short, I was "terminal," with my chance of surviving beyond two years calculated in the low single digits. The fact that I sit here, almost seven years later, alive and reasonably well, is a miracle of biblical proportions, and a reality for which I am extraordinarily grateful and fortunate, although "fortunate" doesn't really characterize how lucky I am, all things considered.

And seven years into my treatment, it's safe to say I know the drill at the Infusion Center. As such, I require very little attention, special or otherwise, when I am admitted into the treatment area. This past visit was a bit different, however. Due to a computer coding/data-entry error, one of my lab results was not posted. As a result, there was a delay of nearly an hour before the results were retrieved, which in turn prevented my chemotherapy drugs from even being ordered/mixed, a process which ordinarily takes 15 to 20 minutes. Because of this snafu, I was left to sit in my Barcalounger/pace in my cubicle for quadruple the normal wait. Eventually, the results were loaded, but in the interim, I was left to fend for myself.

It was during this delay that I noticed a fellow oncology patient across the room who seemed to be getting an inordinate amount of attention, although it didn't seem urgent; from the LPNs, the oncology nurses and even from my oncologist – who is generally not present/involved (nor does he need to be, according to my experience) at the Infusion Center. Yours truly, on the other hand, stood idly by/sat minding my own business/making numerous non-medically-related cell-phone calls and was basically but not totally ignored. (I'm not a shrinking violet; if I needed something, I would have asked.)

When I shared this story with my wife, she scoffed at my semi inconvenience and said: "You're old news." To which I laughed and agreed. I suppose, after seven years of treatment/miscellaneous interactions, and having far exceeded my original "13-month to two-year" prognosis, I am very old news. The kind of news which apparently is very rare; but having survived so long requiring so little, I guess I'm sort of ignorable. Not that there's anything wrong with that; I'd much rather not require any attention, especially the life-saving kind, and go about my regular infusions with amazingly minimal complications – which seems to be my norm.

Of course, I don't take any of this for granted, as you regular readers know. But there was a peculiar sort of indifference/lack of concern/being taken for granted that was oddly reassuring. If the staff is not paying attention to me, then I must not need any attention paid. And if I don't require any attention, I must not present any kind of problem. And if I don't present any kind of problem, then what am I worried about? So what if there's a delay? Apparently, there are patients with bigger problems and I don't seem to have any of them. Perhaps I should just recline in my Barcalounger and relax; I've earned it.

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



## SPORTS

### Whitman Girls Beat Churchill

The Whitman girls' basketball team opened 2016 with a 64-21 victory over rival Churchill on Jan. 8.

After a 1-2 start, Friday's victory gave Whitman six wins in its last seven games and improved its record to 7-3.

**SPORTS BRIEFS** The loss dropped Churchill's record to 6-4.

Whitman faced Richard Montgomery on Tuesday, after The Almanac's deadline. The Vikings will travel to face Wootton at 7:15 p.m. on Friday, Jan. 15.

Churchill took on Bethesda-Chevy Chase on Tuesday and will host Rockville on Friday.

### Churchill Boys Beat Whitman

The Churchill boys' basketball team improved to 2-0 in the new year with a 54-40 victory over Whitman on Jan. 8.

The Bulldogs beat Walter Johnson 50-47 on Jan. 5.

Whitman opened 2016 with a 61-57 win over Landon on Jan. 5, but Friday's loss to Churchill dropped the Bulldogs' record to 5-5.

Churchill faced Bethesda-Chevy Chase on Tuesday, after The Almanac's deadline. The

Bulldogs will travel to face Rockville at 7:15 p.m. on Friday, Jan. 15.

Whitman faced Richard Montgomery on Tuesday. The Vikings will travel to take on Wootton at 5:30 p.m. on Friday.

### Wootton Girls Get Back-to-Back Wins

The Wootton girls' basketball team ended 2015 with a 50-47 win over Magruder on Dec. 29 and opened 2016 with a 51-48 victory against Richard Montgomery on Jan. 5. The back-to-back victories came after the Patriots opened the season with eight straight losses. Wootton faced Rockville on Tuesday, after The Almanac's deadline. The Patriots will host Whitman at 7:15 p.m. on Friday, Jan. 15.

### Wootton Boys To Host Whitman

The Wootton boys' basketball team will host Whitman at 5:30 p.m. on Friday, Jan. 15.

Wootton fell to 3-7 with a 64-50 loss to Richard Montgomery on Jan. 5.

**Marie Hatch, seen last season, and the Whitman girls' basketball team will travel to face Wootton at 7:15 p.m. on Friday, Jan. 15.**



PHOTO BY HARVEY LEVINE/THE ALMANAC



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