

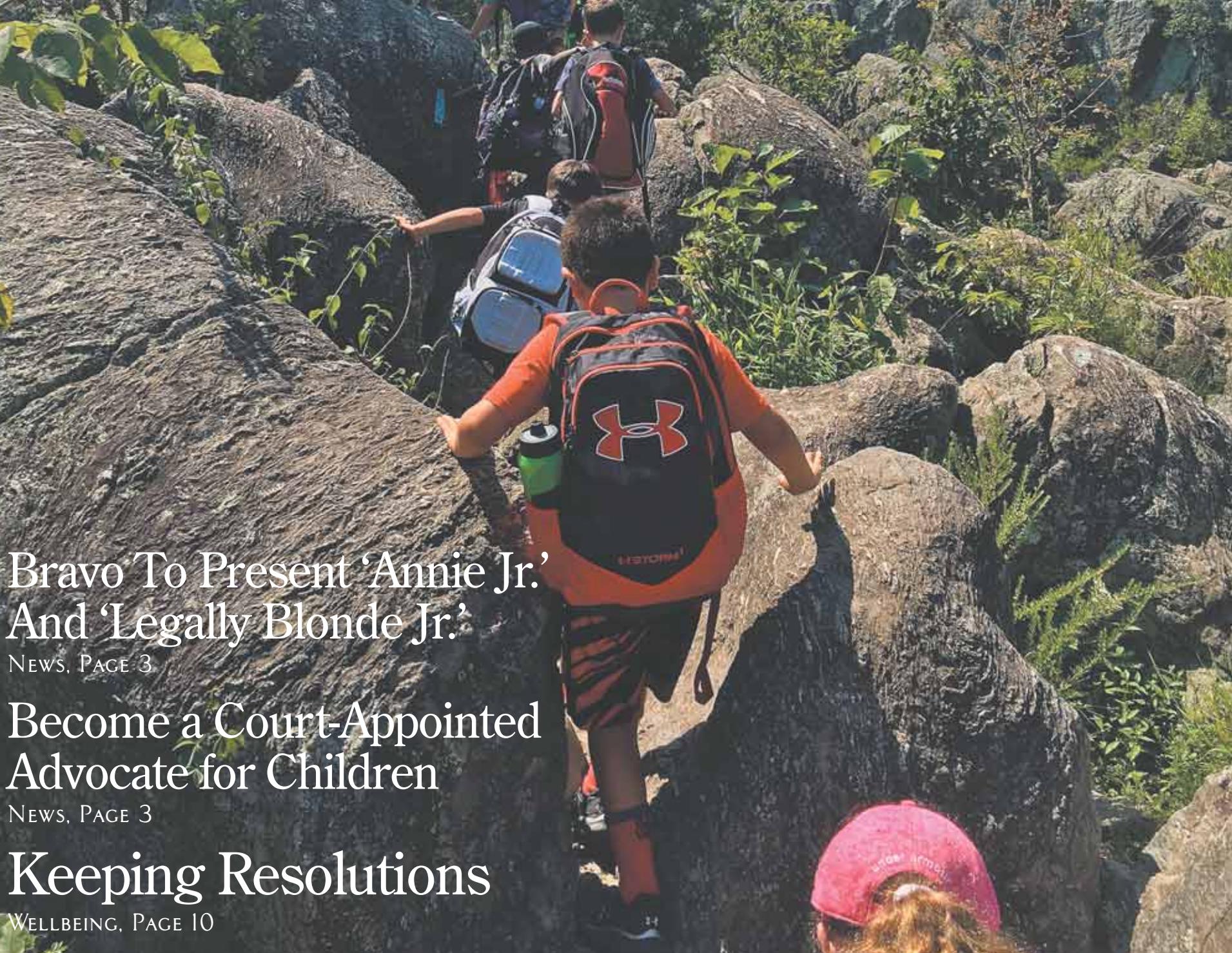
Potomac ALMANAC

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PHOTO CONTRIBUTED

JANUARY 4-10, 2017

ONLINE AT POTOMACALMANAC.COM

NEWS



Lower School Principal Margaret Andreadis with students.



Bullis School second graders on a canoe trip encounter a frog.

Bullis School To Add Kindergarten and First Grade

To begin in September.

BY SUSAN BELFORD
THE ALMANAC

How far The Bullis School has come since it was launched in 1930 as a one-year preparatory boarding school for high school graduates. Initially founded to prepare young men for service academy entrance exams, it opened in the former Bolivian Embassy at 1303 New Hampshire Ave. As enrollment increased, Bullis relocated in 1935 to the “country setting” of 4.5 wooded acres at Cedar Avenue and Houston Street in Silver Spring (now known as Bullis Park). Headmaster and founder, Captain William F. Bullis and his wife, Lois Bullis totally ran the school; they taught the classes, cooked the meals, managed the bookkeeping — and took care of all the building maintenance.

By 1962, the flourishing school had outgrown the Silver Spring campus. The Bullis family and the board of trustees purchased 80 acres of farmland at the current school site in then-rural Potomac. The move to the Potomac campus began in 1964 with the completion of South Hall. Students — and hot lunches — were bused between the two campuses for the transitional years — and the school completely moved to Potomac in 1969. By that time, Bullis encompassed grades 7-12 and in 1972, a fifth and sixth grade became the Lower School. The first female students enrolled in 1981 with 20 graduating in 1983. Fourth grade was added in 1992 and 3rd grade in 1994 — and then 2nd grade.

In September, 2017, with the addition of 1st grade and kindergarten, the school will encompass all school grades — making it one of a few Montgomery County private schools to offer a complete curriculum. Thus students can begin their schooling at Bullis and remain in the same school throughout elementary, middle and high school.

Lower School Principal Margaret



A fall 2015 trip on the Billy Goat Trail.

Andreadis is pleased that the school is expanding to include kindergarten and first grade classes. “Next year, we will add 10 first graders and 10 kindergarten students,” she said. “We want to start small and get it right. We have had a great response from parents who are excited that their children will now be able to begin their schooling at Bullis for these important primary grades. Jeff Alexander, one of our current 2nd grade teachers will be teaching the first grade class and we are interviewing for the kindergarten teacher position now.”

“The Lower School will include Grades K – 5 and it will be a very close-knit community. We plan to incorporate socialization as well as academics and extra-curriculars across grade levels. Our classes will ideally be quite small so students will have their STEM, art, PE, music, drama and other experiences with students across the elementary grades.”

Alexander has a long history of teaching first grade students — and is delighted to

the abstract, to develop good numerical sense and to communicate in speaking and writing. I teach the kids to select good books and to read independently. I love experiential learning and taking them to the C&O Canal to really experience nature, ecology and to appreciate the outdoors. I believe that learning should be fun, engaging and challenging and that the students should have the opportunity to be active agents in their learning.”

He added, “Teaching this age group is exhilarating because there is an incredible range among the kids and the children are so different from the beginning of the year to the end. It is a great joy to see the growth. It’s also just fun being goofy and laughing with them.”

Melissa Hausfeld, parent of a Bullis second-grade student, said, “The addition of the kindergarten and first grade programs are part of a natural evolution for Bullis. Small class sizes and individualized attention are ideal for the formative primary years.”

“Today Bullis is known for its exceptional progressive teachers and individualized academic instruction,” said Hausfeld. “A prime example is Jeff Alexander, the current second grade teacher. Mr. Alexander knows a crucial piece to teaching is observing and listening to each student. Every child possesses a unique approach to learning, development and problem solving. Utilizing this information, Mr. Alexander provides captivating customized lessons that the students truly connect to, maximizing their comprehension and understanding of the material. Students are enthusiastically engaged and immersed in the classroom by Mr. Alexander’s thoughtful teaching techniques. We’ve personally witnessed how this positive learning environment results in academic success, while fostering self-esteem, independence and a love of learning.”

To learn more about the first-grade and kindergarten classes at Bullis, contact Andreadis at Margaret_Andreadis@bullis.org or call her at 301-634-6375.



Bullis School students compare heights.

be returning to the first-grade classroom. He said, “I taught first grade for 20 years — 14 at Sidwell Friends and 6 at the Marin County Day School in California.”

Alexander has built his curriculum for many years — and it is always changing with the student abilities and needs. “I work towards what I want the students to have at the end of the school year — to understand concepts, to go from the concrete to

Bravo To Present ‘Annie Jr.’ and ‘Legally Blonde Jr.’

Musicals will be held at Randolph Road Theater.

BY SUSAN BELFORD
THE ALMANAC

Celebrating her 20th year in the business of “show business” — providing school age children an opportunity to perform in musical theatre productions — Bravo Executive Producer Laurie Levy Issembert has chosen to present two shows this season. Both productions have special meaning to her.

Thirty years ago, while working as the director of on-air promotion at WDCA-TV, Channel 20, she developed a working relationship with Charles Strouse, already a Broadway composer and the brother-in-law of WDCA-TV General Manager Milton Grant, a local Washington television personality. Grant had hosted a local dance show on Channel 5, similar to Dick Clark’s American Bandstand. In 1976, Charles Strouse was creating a promotional jingle campaign for WDCA-TV at the same time that he was previewing his



PHOTO BY LAURIE LEVY ISSEMBERT

From top are Matthew Milam as Oliver Warbucks, Izzy Alexander as Annie (Hannah Goldberg, not pictured, is the double cast Annie), and Chase Herwig as “Sandy.”

show “Annie” at the National Theatre in its pre-Broadway tryout.

Laurie Levy Issembert sat with Strouse in

the audio bay at the back of the National Theatre and gave him notes during a dress rehearsal of the show. She has since pro-

To Go

“**ANNIE JR.**” will be performed at the Randolph Road Theater, 4010 Randolph Road, Silver Spring, MD 20902. Tickets are available online at <https://www.showtix4u.com/idxip&lni=Sach+fr+Ber&ndn=0510042019189> until Jan. 13 for \$20 and \$21 (cash or check only) at the door. No late seating. “**LEGALLY BLONDE JR.**,” featuring 25 students in grades 5-8 also will be performed at the Randolph Road Theater, 4010 Randolph Road, Silver Spring, MD 20902. Tickets are available online at <https://www.showtix4u.com/idxip&lni=Sach+fr+Ber&ndn=0510042019189> until Jan. 20 for \$20 and \$21 (cash or check only) at the door.

duced four different versions of the show: the full show at The Musical Theater Center in 2005, “Annie Warbucks,” the sequel in 2006, “Annie Kids,” a 30-minute version in 2014, and now “Annie Jr.” a 60-minute version.

Her love of music and musical theatre is inherited from her mother, Clarice Leiner Levy, a composer, pianist and piano teacher in the Washington area since 1938 who recently died at the age of 98. Originally from New York, Clarice Leiner Levy was once a guest contestant on an NBC musical show called “Songs for Sale,” hosted by Steve Allen. Allen’s show format was simi

SEE BRAVO, PAGE 9

Become a Court-Appointed Advocate for Children

Potomac’s Terrie Smith marks 15 years of volunteering.

BY SUSAN BELFORD
THE ALMANAC

“There is nothing like a smile or a hug from my CASA children,” said volunteer Terrie Smith. “I love when my children tell me, ‘I missed you.’ The children have developed a trusting relationship with me and I have been a constant in their lives when others are not able to be.”

Terrie Smith has been a Court Appointed Special Advocate (CASA) volunteer for the past 15 years. She first learned about CASA from another community member with the same weekly appointment time at her local nail salon many years ago. Week after week, she gained more information from the volunteer about her experiences. Having two young children and a full-time teaching job at the time, Smith decided that she didn’t have time to volunteer as a CASA, but promised herself that when she retired she would

look into volunteering at CASA.

When she retired in 2001, she submitted her application and signed up to participate in the 30-hour training program. “I was accepted into the training class for September, 2001. However, I wasn’t fully committed and as I left the training each night, I wasn’t sure that I’d return the next session. However, the tragic events of Sept. 11, 2001 occurred the week I was training and rocked my world like everyone. I decided that I should do something to make my part of the world a better place and have been a CASA ever since,” she said.

After the pre-training, she was appointed to her first case. She was assigned to a brother and sister who were both in elementary school at the time and continued her relationship as an advocate with the little girl for four years and with the little boy for six years. She has been assigned many other cases and cannot believe that she has already been with CASA for 15 years.

CASA provides court-appointed volunteer advocates so every abused or neglected child in the United States can be safe, have a permanent home and the opportunity to thrive. CASA volunteers get to know the child by talking with everyone in that child’s life: parents and relatives, foster parents,

teachers, medical professionals, attorneys, social workers and others. They use the information they gather to inform judges and others of what the child needs and what will be the best permanent home for them.

Smith says that the amount of time spent volunteering is dependent on the situation that the child is in. Once she has her assignment, she will read the youth’s court file, talk with his or her social worker and then meet the child at school.

“That’s where my education background is so helpful,” she said. “I bring board games and art materials. During our activity, I talk with the kids and feel them out as to what is going on in their lives. I can also advocate for services related to school — for testing, getting additional staff resources, finding tutors, etc.”

She is required to attend 12 hours of in-service each year and with each case, she is responsible for talking with all the adults in her child’s life and then submitting a report every six months. “It’s a big responsibility,” she said. “I try to check in with everyone separately to get input from everyone to present an objective fact-based report to the court. It often takes me 10-15 hours to write my report because I know my findings will influence the judge. It’s a



Terrie Smith

big responsibility, but I love knowing I am truly helping a child. CASA is an amazing program because of what it does for the

SEE VOLUNTEER, PAGE 9

OPINION

Tracking Increase in Airplane Noise

BY CAROL VAN DAM FALK
PRESIDENT

WEST MONTGOMERY COUNTY CITIZENS
ASSOCIATION

Happy New Year to one and all of our members. We hope you experienced the simple joys and blessings of the season with family and friends.

Many residents of Potomac, Bethesda, and Cabin John say they have noticed a significant increase in the number of planes departing from the Potomac River and flying directly over their neighborhoods. They are not imagining things. Ken Hartman has confirmed that the flight path out of Reagan National Airport has changed, and now heads straight over parts of Potomac, Bethesda, and Cabin John. Flights heading west and south over the Potomac

River now depart directly over Carderock, Avenel, and the Woodrock neighborhoods. East and north-bound flights now turn over Bannockburn. The changes in flight paths were made in 2015 according to the FAA's NextGen program due in part to noise complaints from other communities. Under this program, aircraft departure procedures transitioned to GPS navigation.

Residents, including myself, have noticed that planes heading either from or to Reagan National Airport are so close that we cannot carry on a conversation in our front yards while a plane is flying overhead. They also seem to be flying with more frequency, even every two to three minutes at some points in the afternoons and evenings. Ken says that is in fact the case for arrivals, but not departures. He says that is because of the elimination of the Northern Virginia approach. In fact, arrivals over Montgomery County have increased by as much as 30 percent since late 2015.

We will have more information on changed flight paths in and out of Reagan National, as well as plans for altering those flight paths when Ken addresses our January meeting.

255 Year-Old Tree Destroyed

BY SUSANNE LEE

A 255-year-old White Ash tree at 12925 Circle Drive in Glen Hills was destroyed on Dec. 21 by the new property owner. The enormous tree (almost Montgomery County Champion status) was placed in a Category II Conservation Easement in 1998 as part of an exchange

Next Meeting

At the next meeting of the West Montgomery County Citizens Association, Wednesday, Jan. 11, 7:15 p.m. at the Potomac Community Center, Ken Hartman, director, Bethesda-Chevy Chase Regional Services Office, Montgomery County Government, will provide information on the changed flight paths in and out of Reagan

National Airport, as well as plans for altering those flight paths.

As with all WMCCA general meetings, the public is invited to attend. If schools are closed because of inclement weather, the meeting will be cancelled.

for allowing the prior owner to clear cut a large stand of mature trees as part of his subdivision request. The tree was next to the existing house and it was made very clear at the time and over the years and in public hearings that future development of the property would be constrained by the giant ash. During the most recent such public hearing, the then property owner's arborist declared the tree was in fair to good health for a tree of its age and that it just required some preventive maintenance.

However, with absolutely no notice to the public, in a letter dated Aug. 19, 2016 to the prior owner, a Forest Conservation Inspector in the Montgomery County Planning Department stated that the Maryland-National Park and Planning Commission had approved the cutting and removal of the tree. Although the letter contained a summary of the condition of the tree, it provided no clear statement why, at this time, conditions had so changed that the Conservation Easement should be eliminated and the tree destroyed. Of particular importance, although the letter said there were signs of the Emerald Ash Borer, that was not given as the reason for removal. Subsequent examination of the felled tree did not provide evidence that it was in fact in any kind of advanced state of decline because of ash borers. To the contrary, given its age and status it might have been a good candidate for insecticide protection from the borer or may have been an example of a resilient ash specimen. All of these options should have been considered through an open, transparent, fact-based public process. WMCCA members worked for years to protect this amazing tree and we will pursue why and how it was destroyed without such a process.

Maryland Catering Company Banquet / Motel Facility

BY SUSANNE LEE

The Maryland Catering Company has requested approval for a new conditional use (previously called a special exception) for construction of a free standing banquet and overnight guest facility in a residential zone on MacArthur Boulevard across from the heavily used C&O Canal National Historical Park entrance/parking lot for Widewater. Montgomery County Office of Zoning and Administrative Hearings Examiner Lynn Robeson has scheduled a hearing on the request beginning at 9:30am on Friday, February 24, 2017. Prior to the OZAH hearing, the Montgomery County Planning Board is scheduled to consider the request on Feb. 9. However, as of Dec. 21, Maryland Catering Company had failed to respond to the Planning Board's Dec. 5, 2016 staff request for a long list of information essential for their review. WMCCA continues to work closely with the surrounding homeowners and their attorneys in their opposition to this precedent-setting conditional use request under the new Montgomery County zoning code.

One Lane Bridge in the Glen Repaired

BY GINNY BARNES

At our October General Meeting, our speaker Barry Fuss gave a presentation on Rustic Road bridges. Attendees expressed concern about the state of damage to the guard rails on the bridge at the intersection of South Glen, Glen, and Glen Mill Roads. Barry pledged to see that the Department of Transportation (DOT) attended to repairs. In late December the guard rails were replaced. A good example of how citizens make a difference when they speak up. Barry was unaware of the conditions in the Glen until he heard from our members.

Feb. 8 General Meeting

The Parks Department will give a presentation on the recently approved Countywide Park Trails Plan Amendment and link it to other Parks policy documents currently being updated.

Help support our efforts in defending the Master Plan. Renew or become a new member of WMCCA. Look for your renewal notice in the mail or go to our website to download a membership form or join using PayPal: www.wmcca.org.

\$10 Million Expansion Planned



PHOTO CONTRIBUTED

The Music Center at Strathmore is planning a \$10 million expansion that will add 5,000 square feet for a new, 200-seat dining space. The space will be created by surrounding the existing terrace with floor-to-ceiling glass panels, which will also be able to open up and expose the eatery to the outdoors. The new space also will be available for rentals, meetings and performances. The project will include a new escalator from the promenade level to the orchestra level. The expansion, scheduled to be completed by January 2020 to coincide with Strathmore's 15th anniversary, is not expected to require any closures during construction. The state will provide \$3 million of the projected cost; the rest will come from the county and private sources.

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PEOPLE

Sharing Perspectives on a New Year

**Examining goals
and making
resolutions.**

BY PEGGY MCEWAN
THE ALMANAC

Looking ahead this time of year can mean making plans, organizing activities for children or just relaxing from Hanukkah or Christmas and not thinking about what 2017 will bring.

Some local residents, however, have given some thought to the year ahead and what changes they hope to make in their lives or things they hope to do or even leave alone.

Richard Pugh, meeting with other seniors at Potomac Community Center, was definite about his life in the new year.

"My resolution is to be nice and kind to everyone, to keep the holiday spirit all year round," he said.

Another senior, Mary Stark, said she would like to take her son on a trip, probably to Alaska. "He's taken such good care of me," Stark said. She would like to return the favor.

Gloria Weissman's resolution is more of a dream than a change in lifestyle. "I've always wanted to do a balloon ride," she said. "I don't know why, it's just something I'd like to do."

The seniors listened and laughed at their dreams but encouraged each other to "go for it." Particularly Weissman. They offered her ideas on how she could make that ride happen.

Also at the community center, Maria Silvani, read in the lobby while her son played pool.

Silvani said she never makes New Year's resolutions.



Rose McKinnon, Abbie Olshin and Elena Olshin sit outside the Potomac Starbucks and talk about resolutions for the new year.

PHOTOS BY PEGGY MCEWAN/
THE ALMANAC

"I'm very constant," she said. "Whatever I do, I do constantly. I don't feel the need to start something January first."

Silvani said she is from Argentina which may explain why she does not make resolutions.

"It's not common in Argentina to do resolutions," she said. "So maybe it's cultural."

She also said she believes that people who make resolutions are done with their resolve by Jan. 15.

Friends Rose McKinnon and twins Abbie and Elena Olskin met at Starbucks in Potomac and sat outside to talk about their resolutions for 2017.

Abbie Olshin said she hasn't thought about it much but does know she wants to read more plays. She is a theatre major at Montgomery College and said she wants to become familiar with more plays.

Her sister, Elena, said she too wants to read more in the new year but that is a general resolution. Her real plan for 2017 is to be less of a consumer.

That includes being more



Mary Stark hopes to stay healthy in 2017 and take her son on a trip.

thoughtful of the packaging of the things she buys. Her goal is to create less waste.

"I want to spend less money and create less waste," she said. "Being less of a consumer would accomplish both."

McKinnon said her usual resolution is to be tidier.



Maria Silvani said she never has made a new year's resolution. She is from Argentina and said it's not part of her culture.



Gloria Weissman joined other seniors at Potomac Community Center on Dec. 23 and shared her ideas on New Year's resolutions.

LET'S TALK Real Estate



by Michael Matese

Skylight Choices: Fixed, Vented or Tubular?

A skylight is a day lighting option that adds interest, uniqueness, beauty and energy efficiency to any home. There are a number and variety of choices available when it comes to design and material. One aspect that homeowners considering the addition of a skylight may want to weigh is the type of skylight they want for their home's lighting, aesthetic and energy goals. Three key things to examine are fixed skylights, vented skylights, and tubular skylights. Each option has benefits and drawbacks, so homeowners should investigate the options before making a decision. Licensed contractors can provide more information on these options and help homeowners choose the right type of skylight for the long-term goals of the residence. The fixed skylight is integrated as a permanent element of the building. The main advantages of a fixed skylight are that they are easy to install and thus are less costly than other types of skylights, require little maintenance, are less susceptible to leaking or other skylight hazards and are highly energy efficient because of their tighter sealing. Potential drawbacks are difficulty in ventilating rooms and tedious cleaning, due to the fact that the interior and exterior of fixed skylights must be cleaned separately. Operable skylights are opened and closed according to preference, by electric, solar-powered or manual means. Operable (or vented) skylights provide homeowners more flexibility, allowing the skylight to be opened to any desired degree at the user's discretion, providing less reliance on electric means for lighting, cooling and ventilation of an area. Operable skylights that are manually or solar powered contribute doubly to the lowering of the homeowner's power bill. Additionally, operable skylights are easier to clean, as both the interior and exterior may be cleaned from either side. Vented skylights, do, however, require more maintenance than fixed due to the wear-and-tear on the moving mechanical components, which over time will require repair and replacement. The frequent opening and closing of operable skylights also require regular lubrications for hinges to work properly. Finally, operable skylights can accidentally be left open or can require quick action on the homeowner's part when unexpected rains appear! Tubular skylights are the most popular choice for small spaces like bathrooms and hallways; once installed, this choice often looks more like a modern light fixture than a traditional skylight. Tubular skylights are flexible tubes running between the ceiling and the roof, thus eliminating the need to build a tunnel. As such, this type of skylight neither raises nor lowers. A reflective material lines the inside of the tube, collecting sunlight from the origin of the tube and bouncing it through the length of the tube to the termination point, where natural light is diffused. The diffusion of sunlight through the tube structure protects interior carpets and furniture from becoming bleached out, as the natural light reaching them is indirect. So you've decided on a skylight—now meet with a licensed contractor to decide what kind. Fixed, vented or tubular—the choice is yours, when letting a little light into your home!

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

MICHAEL MATESE
Long & Foster Realtors
301-806-6829

Mike@michaelmatestes.com

Our best wishes for a healthy and happy New Year...

**...come for Morning Coffee
Tuesday, Jan. 10, 10 - 11:30**

Meet some neighbors, share ideas about thriving in place in the homes we love
Tally Ho Restaurant, Potomac Village

Potomac Community Village

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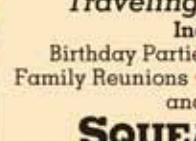


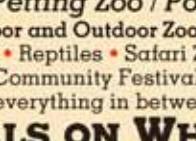


















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Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before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

ONGOING

2016 Inaugural Video Art

Exhibition. 5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit www.glenechophotoworks.org for more.

Dialogue: A Visual Conversation

Conversation. Through Jan. 5. Gallery hours at the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. "A Visual Conversation" is a collection of visual arts – paintings, photographs, digital images and more – resulting from an unusual collaboration between professional artists in the Washington area, and artists receiving mental health treatment from Cornerstone Montgomery. Free. Visit www.Personalvisionsgallery.org.

Waverly Street Gallery Holiday Show

Through Jan. 7 at Waverly Street Gallery, 4600 East-West Highway. Mix of small and large pieces including ceramics, glass, photography, multi media, prints, jewelry, collage, and sculpture. Opening night reception: December 9, 5-9 p.m. 301-951-9441

Club Friday. Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. Visit www.montgomerycountymd.gov/rec4824850-21.

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 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.

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 for more.

Weekly Swing Dance. Saturdays, 8

p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons

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

Contra and Square Dance

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

Late Night Comedy

Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

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 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.

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 for more.

Chocolate Factory Tours

Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit www.spagnvola.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 www.glenechopark.org for more.

SilverWorks Studio & Gallery

Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio &



PHOTOS CONTRIBUTED

Paintings and Glass Show

Playful and Spirited: Paintings and Glasswork will be on display throughout January at Bethesda Library, 7400 Arlington Road. Featured artists are Patricia Dubroff and Jill Tanenbaum. Meet the artists on Thursday, Jan. 5, 5-7 p.m.; Tuesday, Jan. 10, 11:30 a.m.-1:30 p.m.; Wednesday Jan. 25, 6:30-8:30 p.m.; and Sunday Jan. 29, 3-5 p.m. 301-385-4039

Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

Yellow Barn Studio & Gallery

Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com for more.

Acoustic Open Mic. Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. Visit www.bennysbargrill.com.

Potomac Games Group

Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com for more.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300

MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

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

JAN. 5-31

Playful and Spirited: Paintings and Glasswork

Throughout January at Bethesda Library, 7400 Arlington Road. Featured artists are Patricia Dubroff and Jill Tanenbaum. Meet the artists on Thursday, Jan. 5, 5-7 p.m.; Tuesday, Jan. 10, 11:30 a.m.-1:30 p.m.; Wednesday Jan. 25, 6:30-8:30 p.m.; and Sunday Jan. 29, 3-5 p.m. 301-385-4039

SUNDAY/JAN. 8

Waltz Dance Featuring Audacious

2:45 p.m. in the Ballroom at Glen Echo Park, 7300 MacArthur Blvd. Waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. www.WaltzTimeDances.org info@WaltzTimeDances.org 301-634-2222

SATURDAY/JAN. 14

River Clean Up

10 a.m.-1 p.m. Fletcher's Cove, 4940 Canal Road, Washington, D.C. The Potomac Conservancy is looking for volunteers to help kick off 2017 by honoring Martin Luther King Jr. with a day of service along the river. potomac.org

MONDAY/JAN. 16

MLK Day of Service Volunteer Fair. 1-3 p.m. at Bethesda North Marriott Conference Center, 5701 Marinelli Road. Planned projects include packaging food for the hungry, creating blankets for hospice, and cutting patterns to create shoes for children in Uganda. Most, if not all, will be pre-approved for Student Service Learning hours. 301-822-9200

MLK Day Camp. 1-4 p.m. at My Gym Potomac, 11325 Seven Locks Road. Drop children off for three hours of fun at My Gym including themed games, crafts, gymnastics, sports and snack. \$40 members, \$45 non-members, sibling discount. potomac@mygym.com, 301-983-5300

THURSDAY/JAN. 19

55 and Older Basketball. 9:30 a.m.-noon at the North Potomac Recreation Center 13850 Travilah Road. This is pick-up basketball, not a league, come as often as possible. 240-773-4800

An Acoustic Evening with Lyle Lovett and John Hiatt. 8 p.m. at the Strathmore, 5301 Tuckerman Lane. \$55-95 301-0581-5199

CHINESE NEW YEAR CELEBRATION. 5-8 p.m. at the Potomac Community Center, 11315 Falls Road. An evening celebrating the year of the rooster and the Chinese culture of dance, music, and arts as well as tasting of ethnic food (appetizers). Free. 240-777-6960

Potomac River Jazz Club Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road. Bring instruments and sit in with the Conservatory Classic Jazz Band during the first set, or just listen to the great sounds of classic jazz, Dixieland, and swing. \$10 admission, free for jammers and students. 301-762-3323 or prjc.org

SUNDAY/JAN. 22

Chinese New Year Celebration. 5-8 p.m. at the Potomac Community Center, 11315 Falls Road. An evening celebrating the year of the rooster and the Chinese culture of dance, music, and arts as well as tasting of ethnic food (appetizers). Free. 240-777-6960

Potomac River Jazz Club Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road. Bring instruments and sit in with the Conservatory Classic Jazz Band during the first set, or just listen to the great sounds of classic jazz, Dixieland, and swing. \$10 admission, free for jammers and students. 301-762-3323 or prjc.org

Martin Luther King Day

MONDAY/JAN. 16

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SPORTS

Holy Child
Tigers are
the 2016
Bulldog Bash
Champions.

PHOTOS BY
WILL PALENSCAR



Holy Child Wins Bulldog Bash

BY WILL PALENSCAR
THE ALMANAC

The 15th annual Ourisman Chantilly (Va.) Toyota 2016 Bulldog Bash was hosted by Westfield High School Dec. 27-29. Eight teams — seven from Northern Virginia and one from Potomac, took to the hardwood: Holy Child, Centreville, Westfield, Lake Braddock, Forest Park, James Madison, West Springfield and Thomas Jefferson.

1st Round Games

James Madison defeated Centreville 46-41, Holy Child defeated West Springfield 71-44, Lake Braddock defeated Forest Park 54-22 and Westfield defeated Thomas Jefferson 50-45.

2nd Round Games

Centreville defeated West Springfield 61-24, Holy Child defeated James Madison 40-35, Thomas Jefferson defeated Forest Park 63-35 and Lake Braddock defeated Westfield 48-24.

3rd Round Games

West Springfield defeated Forest Park 58-29, Thomas Jefferson defeated Centreville 45-42, James Madison defeated Westfield 44-39 and Holy Child defeated Lake Braddock 45-33.

Championship Game

Lake Braddock defeated Forest Park and Westfield to advance to the championship game with Holy Child who defeated West Springfield and James Madison. In the 1st quarter, Holy Child got off to a fast start taking a 20-4 advantage, including two 3's by Marley Burgess. In the 2nd quarter Holy Child again outscored the Lady Bruins 16-10 to take a 36-14 halftime advantage. In the 3rd quarter Lake Braddock would score 15 while holding the Holy Child offense to 2 points. In the 4th, the two scored a combined 11 points and Holy Child pulled out the win 45-33 clinching the 2016 Bulldog Bash. Lake Braddock was led by Kathryn Esper's 12 points and Devin Sheridan's 9. Holy Child was led by Marley Burgess, who scored a game high 15 points including 5 three point baskets and Tori

Yantsos added 9 points. Holy Child improves to (7-1) while Lake Braddock falls to (5-4), to claim the runner up.

The Erin Peterson MVP was awarded to Holy Child's Tori Yantsos. Yantsos averaged 8 points for the tournament. The award is named after Erin Peterson who died in the shooting at Virginia Tech on April 16, 2007. Erin's number 45 was retired at Westfield. Donations can be made to the Erin Peterson Fund at www.erinpetersonfund.org. Checks can also be made and sent to: The Erin Peterson Fund, 5309 Braddock Ridge Drive, Centreville, VA 20120.

Kate Esper received the Outstanding Player Award. Espers averaged 13.6 points per game in the tournament.

Holy Child's Jada Dapaa was selected to the All Tournament Team. Joining Dapaa for the all Tournament team were Ruth Axton, Centreville High School; Tory Martin, Westfield High School; Diana Miskell, James Madison High School; Sarah Conforti, James Madison High School; Sarah Dickson, Thomas Jefferson High School; Savannah Wilson, Thomas Jefferson High School; and Molly Sharman, West Springfield High School.



Tori Yantsos and Celeste Peterson embrace after Yantsos received the award named for Peterson's daughter Erin.

JAN. 19TH

HOME RENOVATION

Are You & Your Family Comfortable in Your Home?

We Hope You Will Join Us!

Thursday, Jan. 19th, 2016 - 5pm-8pm

Where: Sun Design McLean Office
6862 Elm Street, Suite 330, McLean, VA 22101

Seminars run from 5pm-6:30pm. Dinner to follow.
Please arrive at 4:45pm for check-in.

Seating is limited!

RSVP: info@sundesigninc.com or call Erin
at 703.425.5588



THIS EVENT FILLS UP FAST!
If you are unable to make this date, please give us a call to get on the schedule for the next event!

Seminars:

2017 Kitchen + Bath Trends

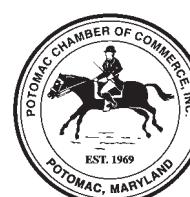


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THE POTOMAC CHAMBER OF COMMERCE
in partnership with
Normandie Farm Restaurant
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Thursday, January 19, 2017 • 4:00 PM – 6:00 PM

10710 Falls Road • Potomac, MD 20854

Cost: Potomac Chamber Members: \$10.00 • Non-Members: \$15.00

Cash Bar available

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301-299-2170

Or reserve your spot online at www.potomacchamber.org

R.S.V.P. by January 17, 2017

Bring your business cards and
plenty of conversation!

Normandie Farm 

If you would like to **donate a door prize**,
please call Jennifer at the Chamber office.



Potomac REAL ESTATE

October, 2016 Sales, \$525,000~\$650,000

IN OCTOBER 2016,
37 POTOMAC HOMES SOLD
BETWEEN \$3,775,000-
\$410,000.

PHOTOS BY DEB STEVENS/THE ALMANAC



③ 1747 Glastonberry Road — \$620,000



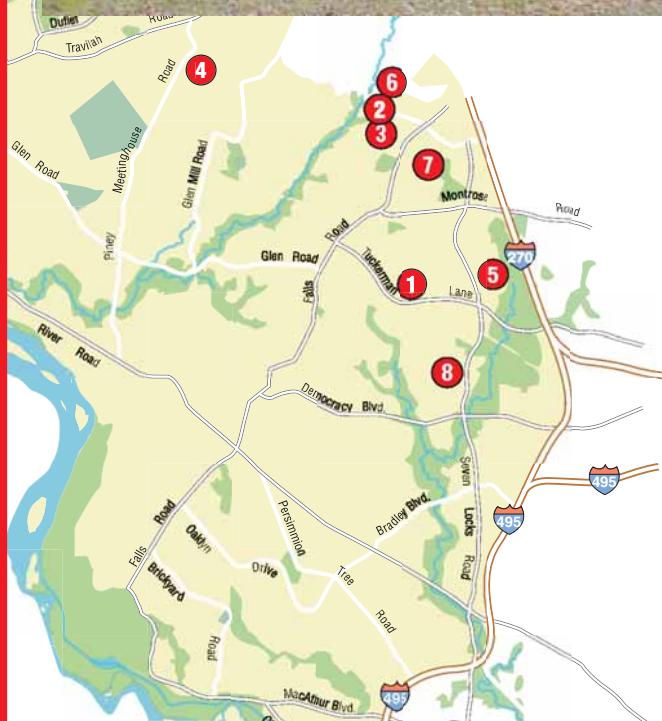
② 1915 Fallsmead Way — \$625,000



⑥ 1064 Pipestem Place — \$604,120



⑦ 1397 Stratton Drive — \$580,000



① 11512 Regency Drive — \$650,000



⑧ 8023 Inverness Ridge Road — \$525,000

Address BR FB HB Postal City . Sold Price ... Type Lot AC .. PostalCode Subdivision Date Sold

- ① 11512 REGENCY DR 5 .. 3 .. 0 POTOMAC \$650,000 ... Detached 0.23 20854 REGENCY ESTATES 10/06/16
- ② 1915 FALLSMEAD WAY 4 .. 3 .. 1 ROCKVILLE \$625,000 ... Detached 0.19 20854 HORIZON HILL 10/07/16
- ③ 1747 GLASTONBERRY RD .. 4 .. 2 .. 1 POTOMAC \$620,000 ... Detached 0.21 20854 HORIZON HILL 10/31/16
- ④ 13500 HAYWORTH DR 3 .. 3 .. 1 POTOMAC \$615,000 ... Townhouse 0.05 20854 PINEY GLEN VILLAGE 10/20/16
- ⑤ 7547 CODDLE HARBOR LN .. 3 .. 2 .. 2 POTOMAC \$611,000 ... Townhouse 0.05 20854 INVERNESS KNOLLS 10/31/16
- ⑥ 1064 PIPESTEM PL 4 .. 4 .. 1 POTOMAC \$604,120 ... Detached 0.26 20854 FALLSMEAD 10/19/16
- ⑦ 1397 STRATTON DR 4 .. 2 .. 1 POTOMAC \$580,000 ... Detached 0.25 20854 POTOMAC WOODS 10/28/16
- ⑧ 8023 INVERNESS RIDGE RD .. 3 .. 2 .. 2 POTOMAC \$525,000 ... Townhouse 0.05 20854 INVERNESS FOREST TH 10/21/16

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NEWS



PHOTOS BY LAURIE LEVY ISSEMBERT

Madison Sherman (Elle Woods) and “Daisy” (Bruiser). Madison, a sixth grader, attends Lakelands Park Middle School in Gaithersburg.



Zoe Alexander (Elle Woods) and “Daisy” (Bruiser). Zoe is an eighth grader at Blessed Sacrament School in Silver Spring.

Bravo To Present ‘Annie Jr.’ and ‘Legally Blonde Jr.’

FROM PAGE 3

lar to current musical competition shows in that songs were submitted and if selected were performed by a known singer and then judged by a panel of Broadway professionals. Clarice Leiner Levy's song – “The You That Used to Be” was sung by “velvet fog crooner” Mel Torme and critiqued by Broadway legends Adolph Green and Betty Comden.

“Legally Blonde Jr.” also celebrates female empowerment and honors the American Broadway tradition of taking on social issues and focusing an entertaining spotlight on them. The location of Harvard University Law School has a special place in Laurie Levy Issembert’s heart as her dad, Arnold Levy, graduated from Harvard, second in his class and on the Law Review Editorial Board. Her dad wanted her to follow in his footsteps but she chose the

world of theatre at Northwestern University rather than the ivy-covered walls of academia.

“Annie Jr.” will feature 26 students in grades 1-7.

Izzy Alexander who plays Annie said, “Whenever I come to rehearsal, just being with the cast makes me full of joy. I have learned about the life of an orphan during the Great Depression. It was hard for the orphans. And it makes me glad for my life

with my family.”

Eight-year-old Chase Herwig, who plays the part of Sandy, the dog in “Annie Jr.” said, “I have learned stage directions and how to sing high notes. And since I play Sandy, a dog, I’ve learned how to act without saying words.”

Hannah Goldberg, who is double-cast as Annie explains that what she learned was “The sun will come out tomorrow — and it’s always good to think positive.”

BULLETIN BOARD

VOLUNTEERS NEEDED

Volunteers are needed to assist sexual assault, domestic violence victims, and their families through the Victim Assistance and Sexual Assault Program (VASAP) of the Montgomery County Department of Health and Human Services. Interviews are currently being conducted for a December 2016 training session. 240-777-1355 or www.montgomerycountymd.gov/vasap.

DONATE MUSICAL INSTRUMENTS

Donations are being accepted for InterPLAY, a nonprofit organization of adult musicians who have cognitive disabilities. They are mentored by professional and amateur musicians, high school seniors, and others. The

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

orchestra performs year-round at Strathmore (check www.interplayorchestra.org). Whitman High School junior Lucas Polack is in charge of this project, and he in need of guitars, violas, cellos, basses, flutes, clarinets, marimbas, electronic keyboards and percussion instruments. However, all donations are greatly appreciated. Contact lucasmusicaldrive@gmail.com or 240-506-4390.

FRIDAYS/JAN. 7 AND JAN. 22

Bethesda Literary Festival, April 21-23, 2017. All essay and short story contest winners will be published on the Bethesda Urban Partnership and Bethesda Magazine websites and honored at a special event during the festival. There are separate contests for adults and high school

students and monetary awards in each category. essay@bethesda.org 301-215-6660, Ext. 117.

MONDAY/JAN. 9

School Budget Session. 6:30-8 p.m. at Walter Johnson High School Cafeteria 6400 Rock Spring Drive. Meet Dr. Jack Smith, the new Superintendent of Montgomery County Public Schools and learn about the approved school budget and how it will affect schools. Open to the general public, registration is required in advance. 301-881-3333

Public Forums on FY2018 Operating Budget

7 p.m. at the Bethesda-Chevy Chase Regional Services Center, 4805 Edgemore Lane, 2nd floor. A series of five public forums around the county, beginning in Jan. 9, to get input

from residents about fiscal year 2018 operating budget priorities.

WEDNESDAY/JAN. 11

Application Deadline. Public participation contributes to the work of County government and provides an important service to the community. Currently, there is an opportunity to serve on the following: Advisory Committee on Consumer Protection, Rustic Roads Advisory Committee, Victim Services Advisory Board. Access vacancy announcements for boards, committees, and commissions through the following link: www.montgomerycountymd.gov/boards/index.html.

SEE BULLETIN, PAGE 11

Volunteer

FROM PAGE 3

children. You know that you are helping the kids by advocating for what they need.”

To become a CASA volunteer, visit www.casaforchildren.org. They are looking for people who care about children and who have good sense. They must be 21 years old, complete a minimum of 30 hours of pre-service training, background checks and interviews, be willing to commit until the first case is closed, and be available for court appearances with advance notice.

www.CONNECTIONNEWSPAPERS.COM

‘Raising Your Adult Children and Grandchildren’

Clinical social worker Roberta Drucker shares her professional experience in counseling those who seek support on life issues at Potomac Community Village’s Jan. 26 presentation titled, “Raising Your Adult Children and Grandchildren.” Drucker’s specialized training is particularly applicable to adult parents and children sharing a home.

Drucker is currently a synagogue liaison with the Jewish Social Service Agency, working with synagogue professionals to augment, or directly provide, counseling services to their congregants. She provides her services to individual, couples

and families.

Prior to that, she was director of JSSA’s Newcomer Resettlement Program, helping families from the former Soviet Union and Iran. Drucker also has her own private practice in Rockville, applying years of professional experience with behavioral issues, drug abuse, adoptions, autism and special needs. She has an MSW from Arizona State University and a BS in psychology and special education from City University of New York.

PCV’s Jan. 26 meeting takes place from 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive, Potomac, in the

Franklin Building. Use Parking Lot #1.

Potomac Community Village is a non-profit all-volunteer network of friends and neighbors, providing programs and services so members can live active and healthy lives, while living in their own homes and neighborhoods.

For more information, to volunteer or to get volunteer help, contact 240-221-1370, info@PotomacCommunityVillage.org or check out www.PotomacCommunityVillage.org or www.facebook.com/PotomacCommunityVillage.

POTOMAC ALMANAC ♦ JANUARY 4-10, 2017 ♦ 9



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Chevy Chase, MD 20815

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College Park, MD 20740

POTOMAC PROMENADE
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9412 Falls Road
Potomac, MD 20854

IRWILDE VILLAGE CENTER
301 279 2234
9709 Irwilde Gateway Drive
Rockville, MD 20850

WELLBEING

Keeping Resolutions

Realistic goals and specific plans among keys to success.

BY MARILYN CAMPBELL
THE ALMANAC

Every January for the last five years Faye Ripke has resolved to lose weight and lead a healthier lifestyle. However, the only thing she has to show for it, she says, is a trail of unused gym memberships and a wardrobe of clothes that have increased in size.

"Both of my parents died from heart attacks," says Ripke, 57 of Fairfax Station. "My doctor keeps telling me that I need to do more aerobic exercise to get my heart rate up every day and drop about 75 pounds."

Losing weight, getting organized, achieving physical fitness and improving one's finances are the most frequently made resolutions, often the guilt-induced responses to holiday indulgence. According to a study published last month in the Journal of Clinical Psychology, only eight percent of people who make New Year's resolutions keep them and achieve success.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so," said Joel Bitman, a Bethesda-based psychotherapist. "Another reason is that people often set unrealistic goals or don't have a plan to achieve their goals."

Actually wanting to make the change that the resolution would bring about is the first step followed by developing strategies to achieve it. "When you set a goal, say quitting smoking for example, ask yourself whether it's something that you really want to do or something that you think you should do," said Bitman. "If you're doing it because you think you should or because society is telling you that you should, but the reality is that you really enjoy smoking, it will be much harder, if not impossible, to quit."

Losing weight and getting in shape are two popular resolutions that people make at the beginning of a new year.

"One reason that many people fail to achieve their goals is that they might not be ready to make the change, even if they would benefit from doing so."

— Joel Bitman

While it is easy and often tempting to look at pictures of ultra thin models and resolve to transform one's body by the end of the year, setting unrealistic expectations can sabotage a set of goals, says Alicia Brand, a Falls Church personal trainer.

"Trying to lose 60 pounds in time for a beach vacation during spring break isn't going to happen," he said. "But losing 10 pounds by April is absolutely achievable for most people."

A key to that achievement is creating a set of concrete goals that are realistic, specific, measurable and include a timetable, says Bitman. "You actually have to make mindset changes and behavioral changes in order to successfully reach a goal, and changes in behaviors are often quite difficult," he said. "But if you are able to make small changes and reach small weekly, daily or even hourly goals, you're more likely

to gain confidence to keep going. It's easy to become discouraged and give up."

"If you want to become more fit, but you haven't exercised in years, you might begin by committing to walking 30 minutes a day, three days a week," said Brand. "That is much more realistic than signing up for a gym membership and planning to spend an hour there every day until you've whittled your body down to a size two."

Failing to recognize small accomplishments and rewarding oneself for reaching milestones is one reason that Bitman believes

many resolutions made in January fizzle into a pipedream by February. "If you commit to skipping morning coffee at your favorite coffee shop each day for a week, and saving the money that you would have spent, you can celebrate by allowing yourself to have a small latte on Sunday morning."

Avoiding high-risk environments that can sabotage even the best-laid plans is a suggestion that Brand gives to her clients. "It's like if you're an alcoholic you should stay out of bars," she said. "If you're trying to lose weight surround yourself with people who have healthy eating and fitness habits."



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

PEOPLE

At Inauguration

Staff Sergeant Douglas O'Connor, from Potomac will be participating in the 58th Presidential Inauguration on Jan. 20.



PHOTO CONTRIBUTED

Churchill High School, and continued his education at University of Maryland and the Eastman School of Music. After finishing his education, he served with the U.S. Naval Academy Band, recently toured with the Airmen of Note, and taught saxophone and music theory at the University of Wisconsin in Eau Claire. He then joined the United States Army Band, "Pershing's Own" in April of 2016 as a member of the Ceremonial Band.

COG Honors Berliner

Roger Berliner, Montgomery County Council President and Metropolitan Washington Council of Governments (COG) Board of Directors Chairman for 2016, was recognized Dec. 14 for his outstanding leadership and service to the region. Berliner accepted COG's highest honor, the Elizabeth and David Scull Award for Metropolitan Public Service, at its annual meeting.

The award was presented to Berliner by the Fairfax County Board of Supervisors Chairman Sharon Bulova and Vice Chairman Penny Gross.

As chairman of the COG Board of Directors, Berliner led the board as it focused on restoring safety and service in the Metrorail system. Throughout the year, he often served as a regional spokesperson on the issue, and encouraged conversations among private, public, and civic leaders, and Metro management, including leading two regional Metro forums hosted by COG and the Greater Washington Board of Trade.

In 2016, Berliner also worked alongside COG, universities, businesses, and others to enhance the region's competitiveness through efforts such as the Global Cities Initiative.

Before serving as board chairman, Berliner led COG's Climate, Energy, and Environment Policy Committee. Under his leadership, the group focused on modernizing the electric grid and improving emergency coordination related to energy.

The Elizabeth and David Scull Award for Metropolitan Public Service is presented annually to a local, state, or federal elected official for outstanding service to metropolitan Washington. It is named after the late Montgomery County councilmembers, who were strong supporters of COG and regional cooperation.

BULLETIN BOARD

FROM PAGE 9

SATURDAY/JAN. 14

River Clean Up. 10 a.m.-1 p.m. Fletcher's Cove, 4940 Canal Road, Washington, D.C. The Potomac Conservancy is looking for volunteers to honor Martin Luther King Jr. with a day of service along the river. potomac.org

TUESDAY/JAN. 17

Local Area Transportation Review
Mitigation Payment, Bill 51-16. 1:30 p.m. at the Third Floor Hearing Room, Council Office Building, 100 Maryland Ave. 240-777-7803

I Digress, Yet Again



By KENNETH B. LOURIE

I went to my local Giant supermarket the other day, a trip I make regularly, so regularly that I deserve a close-in, employee-of-the-month-type parking space. Unlike as that may be, I do get to park in a special close-in L.E.V., ("low emitting vehicle") space when I drive the Honda which is a 'low emitting vehicle.' (This Giant was built with special "Green" amenities.) Not that I couldn't use the exercise if I were to park further away and actually walk a little bit. Nevertheless, between the chemotherapy-induced neuropathy in my feet and the associated fluid build-up in my legs—and feet as well, walking, even short distances, is hardly a comfortable stroll. Nor is it a walk in the park.

Once inside the store though, I am less inhibited by my condition—or merely just focused on the shopping task at hand, particularly so when I find myself sauntering down and perusing the candy/cookie aisle, where my presence is a fairly familiar sight. In fact, if the candy/cookie aisle could talk, "You again" would be what it say upon seeing me taking inventory. And as I was doing my due diligence this day: checking availability, price and variety—and taking my time doing so, an employee working in the same aisle who must have noticed my deliberation asked quite innocently and sincerely if I needed any help. Realizing that I was the only customer in the aisle and that the employee must have been talking to me, I started snickering and laughing to myself and did not immediately respond to his offer of assistance. Soon enough though, I turned around, smiled and said: "No, I don't need any help. If there's one place in the supermarket where I don't need any help, it's this one. Every other aisle, not so much. But candy and cookies, I can handle. Thanks anyway though."

I ended up buying two medium-sized bags of mint M&Ms which were on sale, the purchase of which were made more enticing after I noticed a coupon dispenser nearby distributing an additional \$1.50 off-two coupons. That was all the inducement I needed. Not that I'm necessarily driven by sales and coupons but, given my tendencies—and cash flow, the only self-control I can successfully impose on myself, is price. I won't buy the item unless it's on sale and then I can't stop myself from buying it. Moreover, if I have a coupon as well and the item is on sale, well, it's "Katie bar the door." The only question is: how many coupons do I have? However, if the item is not on sale and I also don't have a coupon, then unless I'm desperate—which occasionally I am, I can withstand the temptation and not buy the item, usually. Such is life in the chocoholic lane.

Unfortunately, the chocolate problem continues once I get home, that is if it hasn't already reared its ugly head in the car while sitting in the parking lot after I've finished my shopping. (And what's worse, my drive home is barely five minutes. Yet sometimes, it's too long to wait.) Once inside the house, not immediately though, I'll probably start getting urges. I rationalize these urges by insisting that I need to eat the candy/cookies so I won't have the candy/cookies in the house, thereby eliminating said temptation. However, the problem isn't exactly solved; it's just recreated, so to speak. Once I've eaten all the candy/cookies in the house, and there are no more candy/cookies in the house, I need to go out and get some because—there are no candy/cookies in the house. Ergo, my regular visits to the Giant. It's not pretty, but it is predictable.

I wouldn't say I'm a man on a mission, but I am a man on sugar. And though I certainly realize that cancer and sugar are bad together, Kenny without sugar—and with cancer, might actually be worse.

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

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