

# Potomac ALMANAC

PAGES 8-11  
**Holiday  
Entertainment  
& Gift Guide 2013**

## Paws for The Cause

NEWS, PAGE 3

### Honoring People of the Year

NEWS, PAGE 3

### Strosniders Celebrates 20 Years in Potomac

NEWS, PAGE 4

### Helping Wounded Warriors And Their Families

NEWS, PAGE 5

At Friends of Montgomery County  
Animals annual fall luncheon  
fundraiser: The Surrey Two's Cissy  
Finley Grant (left) of Potomac with  
Sandra Maddock of Avenel.



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## Saluting Potomac's Honorees

Chamber of Commerce hosts awards ceremony.

BY KEN MOORE  
THE ALMANAC

**J**ean W. Roesser served as the Grand Marshal of the Potomac Day Parade last month, escorted by her son Eugene Roesser Jr. in his light blue Oldsmobile convertible.

This Thursday evening, Nov. 21, the Potomac Chamber of Commerce will hold an awards ceremony at Normandie Farm Restaurant honoring Potomac's Citizen of the Year Robert Hanson, Businessperson of the Year Bob Sickles and Youth of the Year Marissa Michaels of Holton Arms and Matthew Schick of Landon, as well as Roesser, 83.



Jean Roesser

“It was a wonderful surprise and I’m very grateful for this recognition,” said Roesser. “I’m a 52-year-resident. When you have your hometown recognize you, it’s a real honor.”

Roesser served District 15 as senator from Jan. 11, 1995 to Jan. 8, 2003 and before that as delegate from January 1987 to Jan. 11, 1995.

“I am forever grateful for the support that the voters gave me to serve. I tried to do all I could in the interest of the community,” she said.



PHOTO BY Cissy Finley Grant/The Almanac

**A collector of antique cars, Bob Hanson, Potomac's 2013 Citizen of the Year.**

“I have to give credit to my late husband Eugene [Francis Roesser]. When I mentioned the prospect of campaigning, he jumped on it,” she said.

“It’s a great public service. It’s a wonderful experience to campaign, winning makes it even better. I’m glad I had the opportunity.”

Roesser worked as a former newspaper reporter with the Suburban Record in Montgomery County and was a delegate to the Republican Party’s National Convention in 1996 and alternate delegate in 1992.

She has been the past president and vice-president of the Maryland Federation of Republican Women, past president of the Potomac Women’s Republican Club.

Roesser was one of the instrumental voices that helped advocate against a second bridge crossing coming through Potomac and for Montgomery County’s Agricultural Reserve.

“I give credit to the citizens of Potomac and the citizens of the community coming



PHOTO BY DEBORAH STEVENS/The Almanac

**Matthew Schick and Marissa Michaels are Potomac's Youth of the Year.**

together and making an effect,” she said.

### People of the Year

The Potomac Chamber of Commerce will honor five people of the year at a special awards dinner this Thursday, Nov. 21 at Normandie Farm Restaurant.

#### GRAND MARSHAL

Jean Roesser, former Maryland senator and delegate representing Potomac, former Secretary of Aging and longtime Potomac activist.

#### CITIZEN OF THE YEAR

Robert M. Hanson, 89, farms 140 acres in North Potomac. During his boarding school days at Landon School, he kept his horse at school and rode home every weekend. He earned a BS degree in agriculture from the University of Maryland and served

SEE PEOPLE OF THE YEAR, PAGE 12

## Man Charged in Murder Attempt Daughter, 2, in car during incident.

**M**ontgomery County Police charged David B. Goldberg, 24, of Potomac, with two counts of attempted first degree murder, two counts of first degree assault and two counts of second degree assault after a road rage incident ending in Montgomery Mall off Democracy Boulevard.

Goldberg’s 2-year-old daughter was in the car at the time, according to police reports.

According to police, “a dispute occurred between the drivers of two vehicles at a stop sign on the roadway that circles the mall,” on Thursday, Nov. 14.



David B. Goldberg

Police say Goldberg, of the 11600 block of Milbern Drive in Potomac, almost struck another vehicle during the conflict, and the two drivers continued their vehicular dispute into the mall parking lot near the Sears store.

At that time, both drivers exited their vehicles, and Goldberg stabbed the 31-year-old driver of the other car as well as that driver’s 28-year-old female passenger.

Second District officers responded at 2:03 p.m.

“The suspect then re-entered his ve-

SEE MAN CHARGED, PAGE 15

## Paws for the Cause Humane group raises funds and awareness.

BY SHARON ALLEN GILDER  
THE ALMANAC

**T**PC at Avenel’s Chesapeake Room was transformed into a gallery of boutiques, festive dining, and camaraderie on Nov. 14 as 100 animal lovers “paws-ed” and convened for Friends of Montgomery County Animals’ (FMCA) annual fall luncheon fundraiser. Table centerpieces featured Richard Denfield’s edible bird houses noted for their beauty, whimsy, and practicality, enhanced with evergreens and holly clipped by Winnie Reed, the group’s treasurer, from her landscape at Amberlea Farm in North Potomac.

Denfield and 10 other vendors displayed their finery and donated 20 percent of their proceeds to FMCA. The Surrey Two, Betty Jane’s Sweet Delights, JT Interiors, Arts of



PHOTO BY SHARON ALLEN GILDER

**From left: Friends of Montgomery County Animals board of directors Sue Recher, secretary; Janet Lamkin, vice-president; Claire Proffitt, president; Marion Webster, corresponding secretary, and Winnie Reed, treasurer.**

Asia, Mike Kay’s Soaps, Mystic Threads, Karen Kay’s Cakes, Deco Jewelry, and Curiosity Antiques provided shopping pleasure for attendees. An animal-themed gift basket from Flora’s Feathered Nest, Redskins’ tickets donated by the Reeds, and an item donated by each vendor from their inventory were door prizes. Previously purchased raffle tickets for two drawings provided the opportunity in the first drawing to be the winner of a \$1,200 gift certificate to the Inn at Little Washington and in the second drawing, to be the winner of both one \$200 certificate to Renato’s at River Falls, and one \$200 certificate for the Tavern at River Falls.

FMCA, an all-volunteer 501(c)(3) humane organization with no shelter, was established in 1974. Only 12 percent of monies raised are used for non-animal support

SEE PAWS, PAGE 15



## LET'S TALK Real Estate



by Michael Matese

### Home Accents That Shine

You've prepared your home for sale; the floors the walls and furniture are spotless. Neutral colors abound. So where's the pizzazz? Use your accessories to dazzle potential home buyers and enhance the look of luxury for your home. Neutral furniture, such as beige or off white sofas and chairs will "pop" with artfully arranged silk throw pillows or a jewel tone cashmere throw.

Jacuzzi and spa touches, like bright white fluffy towels just waiting to be touched or a glass jar filled with colorful, aromatic bath salts let buyers get a feel for the spa-like bathroom, complete with a candlelit atmosphere to soothe their senses!

An overstuffed ottoman in front of a chair invites the buyer to come on in and put up their feet in front of the fireplace or bring a book to the deck's outdoor living room. When a prospective buyer arrives, nothing will say 'home' to them like the smell of cookies or fresh popcorn greeting them as they walk in the door. It tells them this is a place where 'I can relax and get away from the hustle and bustle of the world outside, have my cookie or my glass of wine by the pool and just kick back with my shoes off and enjoy the scenery.'

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

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## NEWS

# Strosniders Celebrates 20 Years in Potomac

**"If we don't have it, you probably don't need it."**

BY SUSAN BELFORD  
THE ALMANAC

**W**here do you go when you need advice on fixing your toilet? Or when you need that hard-to-find screw for your cabinet hardware? Or the perfect paint for your bathroom? Or a recommendation on what generator to buy when you have no power — and are waiting on PEPCO to solve the problem?

If you live in Potomac or Bethesda, you automatically head for Strosniders Hardware to gain the solution to your problem. For 20 years, Potomac residents have the answer to their maintenance issues right down the street next to Safeway and Starbucks in the Potomac Village Shopping Center. The original Strosniders was established in Bethesda in 1953 — a family-owned business that just recently celebrated its 60th anniversary. A third Strosniders opened in Silver Spring in 2000.

Their motto is "If we don't have it, you probably don't need it."

According to general manager/owner Pete McClosky, Strosniders stocks 50,000 pieces of merchandise. You can buy a fire extinguisher, or cleaning products; a doormat, a spatula or grill; a light dimmer, a lawn chair or a snow shovel. They will sharpen your knives, make keys for you, or fill your propane tank.

Joan Kotz of Potomac is a fan of the hardware store: "The variety of goods is perfect for our seemingly daily visit for something for the yard or house."

Stan Smith and Bob Koenig pur-



PHOTOS BY SUSAN BELFORD/THE ALMANAC

**Strosniders general manager/owner Pete McClosky has been with Strosniders for 33 years.**

**A selection of some of the items at Strosniders.**



chased Strosniders in 1984 from Walter Strosnider, and then Bill Hart later joined them as a partner.

"My affection with Strosniders started in 1972 when I bought Bradley Drugs," Smith said. "I lived about five miles away in Luxmanor and invariably when I attempted to fix anything at my home on the weekend and went to Hechingers to buy what I needed, they didn't have it. I ended up going back to Strosniders for everything. Over the years I became friends with Walter Strosnider, the owner, and

would always say to him 'If you ever want to sell, I want to buy.' Unfortunately, he became ill and sold it to us. We have tried since the beginning to continue the wonderful tradition that Walter started — we work hard to make our customers feel that Strosniders is their store and that they have been served well. I loved being a pharmacist and running the drug store for 30 years, but because illnesses are not involved, the hardware business is more fun."

One of the major differences between the large hardware stores

such as Home Depot or Lowes is that Strosniders has employees on hand who are eager to meet the needs and queries of each customer. "Providing good service to our customers is what we are all about," said McClosky. "When customers are involved in a DIY (Do It Yourself) project — they know just where to come when they get stuck. The salesmen all pretty much know how to fix everything and anything. If we don't know the answer, we put our heads together to find a solution. We always try to give customers the best advice we can."

Thanks to their staff, Strosniders was named the metro area's Best Hardware Store by Washingtonian Magazine. It has also received accolades for having the "Best Customer Service" and for being a "Bethesda Favorite."

Potomac residents Sarah and Phillip Cato frequent Strosniders on a regular basis. Sarah Cato said, "Strosniders has been part of my image of Potomac Village for over 30 years. I love to run there for those small household items that I can't seem to live without — especially at holidays. It seems silly, but it puts me in the Christmas spirit to run in for those last minute items, like candles for the table or lights for our tree."

McClosky says that the most frequent question asked by customers is: "Where can we get our keys made?" and the most humorous problem was when a customer came in, handed him a bag filled with bugs and wanted to know what kind of bugs were in his bag — and in his house. "I think the biggest change in hardware merchandise has been the new LED and CFL light bulbs. People don't like them — and want to buy all the old-style bulbs and stockpile them in their homes."

## OBITUARY

### Tamara P. Salisbury

**T**amara P. Salisbury, a research chemist who promoted scientific advances in cancer research, died on Nov. 12, 2013 at Sibley Hospital in Washington, D.C. She was 85 and lived in Potomac for more than 35 years. The cause was a heart attack.

In 1973, Mrs. Salisbury was co-founder of the National Foundation for Cancer Research, which she formed with her late husband, Franklin C. Salisbury, and Nobel Prize winner Albert Szent-Gyorgyi.

A research chemist and a project officer in the chemistry branch of the Office of Naval Research, she and her husband were inspired by the work of Albert Szent-Gyorgyi, who received the Nobel Prize for his discovery of Vitamin C. This led them to found the National Founda-



tion for Cancer Research to support basic science cancer research in the laboratory, and to share the best ideas of the best minds around the world to find a cure for cancer. Tamara Salisbury was a witty, intelligent, and passionate woman who made a lasting impression on so many people. Her vision helped make NFCR one of the leading cancer-related charities in the world, and she was decorated in Belgium with the Order of Leopold II for her work in promoting public support for cancer research.

Mrs. Salisbury served as a director and

NFCR's chief operating officer until she retired in 2003. She had a multifaceted career in the non-profit sector where she also served as a director of the Washington Animal Rescue League.

Born in New York City, Mrs. Tamara [Voloshin] Salisbury was a 1948 graduate of the College of Notre Dame in Baltimore. Mrs. Salisbury is survived by two sons, Franklin Salisbury, Jr., and John Salisbury; three daughters, Elizabeth Cameron, Elaine Salisbury, and Claire DeHart; and two grandchildren, F. Cary Salisbury III and Airlie Cameron. A Memorial Service will be held on 11 a.m. Saturday, Dec. 7, 2013 at Christ Church Georgetown by the Rev. Stuart Kenworthy. The family suggests that, in lieu of flowers, memorial donations may be made to the National Foundation for Cancer Research.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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# Honoring Wounded Warriors

**Yellow Ribbon Fund** arranges, pays for variety of services.

BY SUSAN BELFORD  
THE ALMANAC



**Mark Robbins, executive director of the Yellow Ribbon Fund**

In 2005, Potomac's Lt. Col. John Adams (USAFR-Ret) and colleague Denis Neill of Bethesda were introduced to Walter Reed staff members by the father of an injured Marine. While there, they had the opportunity to help a mom who was rushing to her son's side because he had been wounded in combat. She had no place to stay, so they made a reservation at a nearby hotel and paid for it. When they found out the hotel shuttle could not take her to Walter Reed at the odd times she needed to go, they rented her a car — and paid for that too. Adams and Neill saw first-hand what families go through when their loved one returns with severe injuries that require long hospital and rehabilitation stays, and what families must endure when they arrive and must negotiate a totally new environment. Thus, with help from other businessmen and women, they founded the Yellow Ribbon Fund to “fill in the gaps for injured service members and their families during treatment at

Walter Reed National Military Medical Center Fort Belvoir Community Hospital and continuing support after they return to their hometown.”

Located in Bethesda, the non-profit Yellow Ribbon Fund was selected this year for the Greater Washington Catalogue for Philanthropy “A Guide to Giving 2013-2014.” The catalogue's theme of “Give Where You Live” is a message to the Greater Washington area that the charities that are included can be trusted to spend the monies and deliver the services as

they state in their literature. The catalogue makes certain the charity is providing the services and spending their monies as they state in their literature.

“The selection process for the Catalogue for Philanthropy is really rigorous,” said Mark Robbins, executive director of Yellow Ribbon Fund. “A charity can only be selected one time every three years — it's really an honor and shows our impact on the community by putting us in the limelight. They look at all the finances, the percentage of overhead (ours is less than 17 percent.) This year, I believe we are the only organization in it that is helping our Wounded Warriors.”

The organization is gearing up for its four annual

SEE SUPPORTING, PAGE 12

## Fall and Holiday Showing Custom Wreaths of Potomac

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# OPINION

## Shop Locally, Shop in Potomac

Small business  
Saturday isn't enough;  
don't wait, and don't  
stop after that.

An effort to support locally owned businesses has resulted in the recognition of Small Business Saturday, the Saturday after Thanksgiving. This year that is Nov. 30. Black Friday, the day after Thanksgiving, is known as a dedicated day of national zeal for shopping. Presumably the next day shoppers can focus on local shopping.

It sounds like an obligation, and it is. But there is a joy to shopping in local stores at the holidays, to walking along a sidewalk with the streets decked out for the holidays, to being greeted by someone likely to be the owner of the store, to finding gifts that are not mass-produced.

We all benefit when local stores thrive, when local business districts beckon.

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

The economy continues to improve slowly

### Holiday Fun

A small sample of local holiday events — for more, see the holiday or entertainment calendar. Email holiday event information to [potomaccore@connectionnewsletters.com](mailto:potomaccore@connectionnewsletters.com) at least one week before the event. Include date and time; venue and address where it will take place; a brief description; cost, if any; and contact phone, email and/or website. Events must be free or minimal expense and open to the public.

#### ONGOING

**18th Annual Winter Lights Festival**, a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Runs nightly Nov. 29 through Dec. 31 with additional events including walks and runs under the lights. Proceeds benefit local charities. Call 301-258-6350

without inspiring. Local families will shop and exchange gifts during the next month, spending tens of millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season. Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who

or visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

**Ballet Performance.** Watch "The Nutcracker" at Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. The Maryland Youth Ballet will perform on Dec. 21, 22, 26, 28 at 1 p.m. and 5 p.m.; and Dec. 23, 27 at 1 p.m. Tickets are \$28/adult in advance; \$23/child, student or senior in advance; \$33/door, \$28/door. Visit [www.montgomerycollege.edu/PAC](http://www.montgomerycollege.edu/PAC) or 240-567-5301 for tickets.

**Bethesda's Winter Wonderland** takes place in December at multiple locations, including concerts at Imagination Stage and in Bethesda's Woodmont Triangle. The event features caroling, ice sculpting, storytelling, holiday performances and hands-on craft activities for children. Call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

is active in fundraising for local charities, for fire and rescue service, for local schools and in organizing holiday events.

Local retail stores, mom-and-pop stores, face tough challenges right now. Competition from big box stores and online sellers makes the holiday shopping season all the more important to locally owned retailers.

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. Many will answer the call of the big box. But local shoppers should be sure to save some shopping time and dollars for local stores. Spend some time shopping in your own community, and also plan an excursion to a nearby town to check out the local businesses and holiday spirit there.

#### LETTERS TO THE EDITOR

### Not as Safe As Thought

To the Editor:

Little did I know that when I was putting up a sign for "Potomac Village Garden Club at Work" (we were having a brownie Nature Detective Event) that someone would steal my wallet from my purse at the Potomac Village Library.

Whoever it was (several people) they will not get much for themselves. I only carry a few dollars, and I had my three credit cards

cancelled within a few hours. But I have lost a lot more.

If someone sees a tapestry wallet thrown out along River Road toward the Beltway, I would love to get it back. Inside was my life in miniature .... first my driver's license, of course. Then there were the Lifetime membership card in the National Education Association, my AARP card, my library cards from both Fairfax County and Montgomery County, my National Parks card, my Busch Gardens entry card for two years, my AAA card, my airline rewards cards, special discount card from

Staples for being a teacher, pictures of my family that cannot be replaced, special phone numbers not in my computer, and (as you all can relate to) ... more that I can't remember so far. Luckily, I keep all of my health information in a separate pouch in another pocket in my purse. I would recommend this for others .... especially the Medicare card and cards for supplemental health, dental, vision and prescriptions ... even my cat's .... I know that within an hour one credit card went to Union Station shops and another went down the Route 1 corridor toward

the airport area before they were cancelled. But they bought big amounts of clothes along the way. I don't, so the credit card company was already thinking fraud.

So I have two requests of the community. If you see my wallet lying along the road toward the Beltway (we have already searched some of the trash bins in Potomac), I will give you a reward for its return of my life in miniature minus the credit cards. Also be vigilant of yours in the supposedly safe areas in Potomac.

**Linda Rieger**  
Potomac

#### BULLETIN BOARD

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon.

#### CLASSES

**English Literacy for Adults.** The Literacy Council of Montgomery County offers free literacy classes. Volunteers lead the classes, tutor and act as mentors. Class schedule and registration dates are available online. Anyone interested in signing up for a class or volunteering should contact the Literacy Council. Email [info@literacycouncilmcmd.org](mailto:info@literacycouncilmcmd.org) or 301-610-0030.

#### MONDAY/DEC. 2

**Task Force Meeting.** 7:45-10 p.m. at the County Council Office Building,

100 Maryland Ave., Rockville. Recommendations from the Montgomery County Night Time Economy Task Force will be the subject of the next monthly meeting of the Civic Federation. Free. Visit [www.montgomerycivic.org](http://www.montgomerycivic.org).

#### WEDNESDAY/DEC. 4

**Drop-In Discussion about Grief and Healing.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Anyone who is mourning the death of a loved one. Free. Registration required, 301-921-4400.

**Application Deadline.** Montgomery County has kicked off its FY 2014 food recovery grant program to develop a sustainable distribution network of entities with excess food

(e.g. restaurants, caterers) and connect them with qualified organizations. Any organization, institution or association that provides food recovery services or activities within the county is eligible to apply. Email [food.recovery@montgomerycountymd.gov](mailto:food.recovery@montgomerycountymd.gov).

#### THURSDAY/DEC. 5

**Gala.** 6:30 p.m. at Bolger Center, 9600 Newbridge Drive. BBYO Northern Region East's D.C. and Northern Virginia councils will honor Rachel S. Kronowitz, Mark Plotkin and Nelson Migdal. To register visit [bbyo.org/dcgala](http://bbyo.org/dcgala) or 301-348-3784.

#### FRIDAY/DEC. 6

**Deadline.** The county's Dr. Martin

## POTOMAC ALMANAC

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# Two Projects Attract Standing-Room-Only Crowd

**Up for discussion:  
Potomac Tennis Club  
rezoning and Hare  
Krishna's expansion  
proposals.**

BY SUSAN BELFORD  
THE ALMANAC

A standing-room-only crowd filled the meeting room of the Potomac Community Center on Wednesday, Nov. 13 to hear presentations on two highly-charged issues in Potomac — the possible re-zoning of the 4-acre tract where the Potomac Tennis Club is located and the building of a more expansive Hare Krishna Temple at 10310 Oaklyn Drive.

Ginny Barnes, president of WMCCA, opened the meeting by explaining that representatives from both projects had contacted WMCCA to seek public input and opinions. The projects are in the preliminary stages and neither group has been before the Maryland-National Capital Park and Planning Commission.

The first presentation was made by



**Charles Maier, of Maier & Warner Public Relations firm, and Erin Girard, attorney, Linowes and Blocher, LLP**

PHOTO BY  
SUSAN BELFORD  
THE ALMANAC

Charles Maier of Maier & Warner Public Relations firm and Erin Girard, attorney, Linowes and Blocher, LLP, representing the interests of Helen Marshall, the owner of the Potomac Tennis Club located at 10800 Potomac Tennis Lane.

Maier stated that Marshall, who resides in Florida, is considering selling the Potomac Tennis Club, a property that has been in her family for more than 30 years. She is exploring the option of requesting that the property be rezoned which would permit as many as 15 or more townhouses to be erected on the property. Maier mentioned that they have spoken to Manor Care,

to the Bullis School and to the Revenue Authority which owns and operates Falls Road Golf Course, and all have expressed an interest in possibly purchasing the property. He also stated that the property will remain as is for at least two years; thus, Potomac Tennis Club members should not worry about an immediate loss of their recreational facility. He stated that a website had just been established for information and to also gather input: [www.PotomacTennisLane.com](http://www.PotomacTennisLane.com).

A number of Potomac Tennis Club members as well as its neighbors indicated that they have a signed petition requesting that

the property not be rezoned. They made the following points:

\* One neighbor indicated that she believes her property values will go down if townhomes are built on the property.

\* Several members stated that the Potomac Tennis Club is an exceptional place. "It is a community of more than 300 families who have been members for 30-plus years," said a Northern Virginia resident who drives to the Potomac Tennis Club because she cherishes its uniqueness. "There's no other place around like it. It's a valuable asset to Potomac. It provides a place for people of all ages to exercise and to learn a life-time sport."

\* Several members indicated that they might be interested in forming a coalition to purchase the property themselves if it goes on sale.

Maier indicated that Marshall told him that the Potomac Tennis Club is barely breaking even. However, members felt if someone bought it who wanted to make it more successful, then that certainly could be done.

Maier and Girard stated that re-zoning is a long process and they will present the remarks from members to Marshall. They also explained that they will keep the public briefed through the Potomac Tennis Lane

SEE TWO PROJECTS, PAGE 12

## Dr. Tameta Clark Joins National Spine & Pain Centers' Chevy Chase Location



**Tameta Clark, MD**

Dr. Tameta Clark is board-certified and fellowship trained in pain management and understands the complexities of pain. She uses the most up to date technology and interventional techniques to treat her patients.

We schedule patients within 48 hours based on their preferences. Most major insurances are accepted, including Medicare, worker's compensation and Tricare.

Services include but are not limited to:

- Medication management for acute and chronic pain
- Interventional therapies
- Diagnostic procedures for pain



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Chevy Chase, MD 20815**

**Providing solutions for:**

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- Degenerative Disc Disease
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## Sugarloaf Crafts Festival

**NOVEMBER 22, 23, 24, 2013**  
**Montgomery County Fairgrounds**  
**Gaithersburg, MD • EXIT 11 OFF I-270**  
 Admission \$8 online, \$10 at the door - good all 3 days  
 Children under 12 and parking are FREE  
 Fri. & Sat. 10-6, Sun. 10-5

**DISCOUNT TICKETS**, show info,  
 exhibitor lists, directions and more at:

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# HOLIDAY FUN

## Santa Visits

**Santa will visits  
 various Potomac-  
 area neighbor-  
 hoods while riding  
 with the Cabin  
 John Park Volun-  
 teer Fire Depart-  
 ment. The fire  
 department also  
 collects donations  
 for Toys for Tots  
 during the annual  
 Santa Ride.**



PHOTO BY ROBBIE HAMMER/THE ALMANAC

### ONGOING

**Christmas Tree Sale**, Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit [www.cjpvfd.org](http://www.cjpvfd.org).

**Santa on Fire Engines toy collection**, run by the Cabin John Park Volunteer Fire Department. A procession of fire engines carry Santa on a tour of Potomac neighborhoods over the course of several evenings in December, collecting unwrapped new toys for needy children. Call 301-365-2255 or visit [www.cjpvfd.org](http://www.cjpvfd.org).

**Theater Performance**. See "The Nutcracker" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Nov. 29 through Dec. 29. \$10. There will be special ticket pricing on Dec. 7, 8. For those two nights, tickets will be \$3. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380.

**Theater Performance**. See "The Twelve Days of Christmas" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Christmas celebrations are just around the corner and Shirley the Partridge has got some problems to solve. The French Hens are arguing, the six geese have flown to Florida for the winter and worst of all, someone has stolen the five golden rings. The performance runs Nov. 15-Dec. 30. Tickets can be purchased at [www.adventuretheatr-mtc.org](http://www.adventuretheatr-mtc.org) or 301-634-2270.

**18th Annual Winter Lights Festival**, a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Runs nightly Nov. 29 through Dec. 31 with additional events including walks and runs under the lights. Proceeds benefit local charities. Call 301-258-6350 or visit [www.gaithersburgmd.gov](http://www.gaithersburgmd.gov).

**Holiday Art Show and Sale**. The Glen Echo Park Partnership for Arts and Culture is hosting exhibitors that will sell glass, ceramics, photography, crafts and more. The sale runs Nov. 29-Jan. 5. Hours are Saturdays and Sundays from 11 a.m.-6 p.m.; Thursdays and Fridays from 10 a.m.-2 p.m. through Dec. 20. Located in the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2222.

**Theater Performance**. Watch "The Nutcracker" at Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. The

Maryland Youth Ballet will perform on Dec. 21, 22, 26, 28 at 1 p.m. and 5 p.m.; and Dec. 23, 27 at 1 p.m. Tickets are \$28/adult in advance; \$23/child, student or senior in advance; \$33/door, \$28/door. Visit [www.montgomerycollege.edu/PAC](http://www.montgomerycollege.edu/PAC) or 240-567-5301 for tickets.

**Bethesda's Winter Wonderland** takes place in December at multiple locations, including concerts at Imagination Stage and in Bethesda's Woodmont Triangle. The event features caroling, ice sculpting, storytelling, holiday performances and hands-on craft activities for children. Call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

### SATURDAY/NOV. 23

**Holiday Shopping Bazaar**. 9 a.m.-5 p.m. at Holy Child, 9029 Bradley Blvd. Browse more than 70 vendors selling personalized clothing, handmade ceramic pieces and more. Visit [www.holychild.org](http://www.holychild.org) or 301-365-0955.

### THURSDAY/NOV. 28

**Turkey Chase**. 8:30 a.m. start for the 10K, 8:50 a.m. for the 2-mile run/walk and 9:35 a.m. start for the tot trot. Begins at 9401 Old Georgetown Road, Bethesda. Proceeds benefit the YMCA Youth and Family Services. Visit [www.eventbrite.com/e/31st-annual-turkey-chase-registration-5378356810](http://www.eventbrite.com/e/31st-annual-turkey-chase-registration-5378356810) to register or [www.turkeychase.com/](http://www.turkeychase.com/) for information.

### FRIDAY/DEC. 6

**Bethesda's Winter Wonderland**. 8 p.m. with a concert at Imagination Stage, 4908 Auburn Ave. Features music by four professional choral groups. \$10/adult; \$5/child. Buy tickets at [www.bethesda.org](http://www.bethesda.org).

### SATURDAY/DEC. 7

**Mini Performance**. 11 a.m., 1 p.m. or 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Watch "The Mini-Nut" presented by the Maryland Youth Ballet. It is a shortened version of "The Nutcracker." Suitable for all ages. \$18/adult, student, senior; \$15/child. Visit [www.marylandyouthballet.org](http://www.marylandyouthballet.org) for tickets.

**Clara Barton Holiday Craft Show**. 1-5 p.m. at Clara Barton Community Recreation Center, 7425 MacArthur Blvd., Cabin John. Meet 50 local artists, crafters and authors and browse items for sale, from jewelry

and hand knit sweaters local honey and jam. Free. Visit [www.friendsofclarabartoncommunitycenter.org](http://www.friendsofclarabartoncommunitycenter.org) or 301-365-1311.

**Bethesda's Winter Wonderland**. 1-4 p.m. at Veterans Park, corner of Woodmont and Norfolk Avenues. Blocks of ice will be transformed into wintery works of art during the live ice sculpting presentation, followed by choral performances from local school groups. Additionally, Santa Claus will make a visit to the park that afternoon, and holiday treats will be provided to children. Free. Visit [www.bethesda.org](http://www.bethesda.org) or 301-215-6660 for more.

**Music Performance**. 8 p.m. at Christ Episcopal Church, 107 S. Washington St., Rockville. The National Philharmonic Singers will perform a free holiday concert. Donations accepted. Visit [christchurchrockville.org](http://christchurchrockville.org) or 301-762-2191.

### SUNDAY/DEC. 8

**Mini Performance**. 11 a.m., 1 p.m. or 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Watch "The Mini-Nut" presented by the Maryland Youth Ballet. It is a shortened version of "The Nutcracker." Suitable for all ages. \$18/adult, student, senior; \$15/child. Visit [www.marylandyouthballet.org](http://www.marylandyouthballet.org) for tickets.

**Annual Show & Sale**. Noon-4 p.m. at Garrett Park Town Hall, 10814 Kenilworth Ave., Garrett Park. Montgomery Potters will host the 44th annual show featuring over 40 functional and decorative ceramic artists. Free. Visit [www.montgomerypotters.org](http://www.montgomerypotters.org) for more.

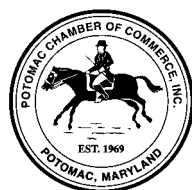
**Music Performance**. 5 p.m. at The Episcopal Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. Enjoy carols and more. Free. Visit [www.redeemberbethesda.org](http://www.redeemberbethesda.org) or 301-229-3770.

### SUNDAY/DEC. 15

**Jingle Bell Jog 8K**, 9 a.m. at the Rockville Senior Center, 1150 Carnation Drive. See [www.mcrrc.org](http://www.mcrrc.org).

### TUESDAY/DEC. 24

**Festal Eucharist of the Nativity**. 10 p.m. at The Episcopal Church of the Redeemer, 6201 Dunrobbin Drive, Bethesda. An extended, candle-lit prelude of organ voluntaries, choral anthems and carols. Free. Visit [www.redeemberbethesda.org](http://www.redeemberbethesda.org) or 301-229-3770.



*The Potomac Chamber of Commerce  
 requests the honor of your presence  
 at our annual awards dinner,  
 November 21, 2013, six o'clock p.m.,  
 Normandie Farm Restaurant.*

*Please join us for an evening of celebration to honor:*

*Citizen of the Year: Robert Hanson  
 Business Person of the Year: Bob Sickels  
 Co-Youth of the Year: Marissa Michaels  
 Co-Youth of the Year: Matthew Schick*

*The Potomac Chamber of Commerce  
 P.O. Box 59160, Potomac, MD 20859-9160  
 301-299-2170*

### ANNUAL AWARDS DINNER

Thursday, November 21, 2013

6:00PM - 9:00PM

Please respond by Friday, November 8, 2013

Mr./Ms. \_\_\_\_\_

Business Name: \_\_\_\_\_

Phone No: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Number of Individual attendees - \$55.00 per person.

\_\_\_\_\_ I am unable to attend.

Please choose a dish for each individual:

\_\_\_\_\_ # of Roasted Bnls Breast of Chicken w/ Wild Mushroom Madeira

\_\_\_\_\_ # or Grilled Filet Mignon, sauce Bearnaise

(or) \_\_\_\_\_ Capelini d'Angelo w/ Roasted Veg & Garlic Vgn Olive Oil

**Make Checks payable to:**

*The Potomac Chamber of Commerce, Inc.*

*PO Box 59160*

*Potomac, MD 20859*

*301-299-2170*



# CALENDAR

Email community entertainment events to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos and artwork encouraged.

## ONGOING

**Tiny Tots.** 10 a.m. on Wednesdays, Saturdays and Sundays at Glen Echo Park, 7300 MacArthur Blvd. The Puppet Co. presents a program designed for children up to age 4. The shows are 30 minutes long, the lights stay on and the doors stay open. \$5/person. Reservations strongly encouraged. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or 301-634-5380 for dates.

**Art Exhibit.** See Dawn Gavin's "What Remains" at in the Gibbs Street Gallery at VisArts, 155 Gibbs St., Rockville, through Nov. 27. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** See "The Best of Our Best" at VisArts, 155 Gibbs St., Rockville, through Nov. 27. Free. Visit [www.visartscenter.org](http://www.visartscenter.org) or call 301-315-8200.

**Art Exhibit.** Exhibit9 presents "Painting-Calligraphy," a collection of modern and traditional Persian calligraphy by Sina Goudarzi, Nematolah Nouri, Hossein Norouzi, Nahid Navab and Soraya Vahabzadeh. Runs Nov. 23 through Jan. 25. Located at 10116 Lloyd Road. Visit [exhibit9gallery.com](http://exhibit9gallery.com).

**Theater Performance.** Through Friday, Jan. 10, see "Lyle the Crocodile" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 4-12. ASL interpreted performance on Dec. 8 at 4 p.m., and a sensory-friendly performance on Dec. 15 at 11 a.m.

Tickets start at \$12. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or 301-280-1660 for tickets.

## FRIDAY/NOV. 22

**Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. Browse handcrafted work such as jewelry, furniture, home accessories, metal and more. Watch displays, purchase gourmet foods or enjoy entertainment. Over 400 artisans will attend. \$8/adult online or \$10 at the door and is good for all three days; children under 12 free. Visit [www.sugarloafcrafter.com](http://www.sugarloafcrafter.com) for more.

**Theater Performance.** 7 p.m. at Walt Whitman High School auditorium, 7100 Whittier Blvd., Bethesda. See "Miss Saigon." May not be suitable for children under 13. \$10/student; \$15/adult; \$20/reserved seating. Visit [whitmandrama.ticketleap.com](http://whitmandrama.ticketleap.com) or e-mail [whitmandramatickets@gmail.com](mailto:whitmandramatickets@gmail.com) for tickets. Tickets also on sale show nights, 5:30 p.m. Visit [whitmandrama.com](http://whitmandrama.com) for more.

**Contra Dance.** 7:30 p.m. lessons start; 8:30-11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Gallimaufry provides music. \$10/adult; \$5/17 and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org) for more.

**Super Art Fight Night.** Doors open at 8 p.m., starts at 9 p.m. at VisArts, 155 Gibbs St., Rockville. \$15/person. Enjoy a mix of live art, over-the-top characters and storylines and more. Visit [SuperArtFight.com](http://SuperArtFight.com) for more.

## SATURDAY/NOV. 23

**Sugarloaf Crafts Festival.** 10 a.m.-6 p.m. at Montgomery County

Fairgrounds, 16 Chestnut St., Gaithersburg. See Friday, Nov. 22 description. Visit [sugarloafcrafter.com](http://sugarloafcrafter.com).

**Artist Workshop.** 10 a.m.-4 p.m. at Photoworks Studio, Glen Echo Park Arcade Building, 7300 MacArthur Blvd. Artists can get information on how to have a successful fine arts career, from pricing, resume, shows and more. Bring a lunch. Drinks and desserts provided. \$90. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2226 to register.

**Digital Collage Workshop.** 10 a.m.-4 p.m. at Photoworks Studio, Glen Echo Park Arcade Building, 7300 MacArthur Blvd. Learn how to do layering and collaging on your photos. \$175. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-634-2226 to register.

**Art Exhibit.** Noon-8 p.m., with a reception from 4-7 p.m. at Glen Echo's Yellow Barn Gallery, 7300 MacArthur Blvd. Audrey Farnsworth and Bonny Sydnor will present more than 50 of their works, focusing on Maryland's colorful vistas, in "All About Color." Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Opening Reception.** 4-8 p.m. Exhibit9, 10116 Lloyd Road, presents "Painting-Calligraphy," a collection of modern and traditional Persian calligraphy by Sina Goudarzi, Nematolah Nouri, Hossein Norouzi, Nahid Navab and Soraya Vahabzadeh. Visit [exhibit9gallery.com](http://exhibit9gallery.com) for more.

**Dinner of Champions.** 6:30 p.m. at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. The 22nd annual event honors those who have achieved success in the world of sports, and have made extraordinary

SEE CALENDAR, PAGE 11



**VIENNA ART & CRAFT SHOW**  
80+ JURIED ARTISANS - 3 FLOORS  
THANKSGIVING WEEKEND

VIENNA COMMUNITY CENTER  
120 CHERRY ST. SE, VIENNA, VA  
FRI & SAT 10AM - 5PM, SUN 11AM - 4PM  
\$3 ADMISSION  
FREE PARKING  
[WWW.NVHG.ORG](http://WWW.NVHG.ORG)

*A Shopping Extravaganza at Holy Child!*

'TIS THE SEASON to shop at  
**Mayfield Market**  
Sat., November 23, 9am - 5pm • Sun., November 24, 10am - 5pm  
9029 Bradley Boulevard Potomac, Maryland  
(301) 365.0966 [www.holychild.org](http://www.holychild.org)  
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## HOLIDAY GUIDE

# Tips for Holiday Card Photos

Local photographers offer suggestions for taking great family photos

BY MARILYN CAMPBELL  
THE ALMANAC

Amber Wilson has spent the last week scouring her computer files in search of the perfect pictures for her holiday card. One image missing from her collection is a shot of her entire family.

"I'm planning to use one photo of each of my three children and one picture of all of us together," said Wilson, who lives in Lorton, Va. "I am hiring a professional photographer for the family photo because, selfishly, I really want it to be fantastic."

With the holiday season just around the corner, many families are pondering designs for their festive cards. The simplicity of a holiday greeting adorned with an image of Santa and Rudolph has been replaced by designer

cards peppered with photos of smiling, well-dressed children. Parents like Wilson compete to have the best holiday card photo among their circle of friends and will shell out hundreds — even thousands — of dollars for professional photographs. Whether hiring a professional or taking one's own family photos, however, a few local photog-

rappers offer tips for getting a picture-perfect portrait.

Amber Scruggs, of Little Moon Photography in Vienna, Va., photographs families in the Washington-metro region. She said that light, connection and colors are important in good photos. "You can have an amazing location and connection, but if you don't utilize the light, the

photo can be ruined."

Harsh lighting on the faces or bodies ruins images. "This can be avoided by not SEE TIPS FOR, PAGE 13

**"Everyone needs to look good in the photo. Posing should be natural, not contrived. The picture says we're happy to be together even if it isn't always felt."**

— Michael Kress, Michael Kress  
Photography



PHOTOS CONTRIBUTED

Handbags by Potomac resident Regina Zakotnik

## Designer 'Bags' Spot in Craft Show

Potomac resident Regina Zakotnik, creator and designer of JZ Bags, has been jury-selected to exhibit and sell her one-of-a-kind handbags this weekend, Nov. 22-24, in the 38th annual Sugarloaf Crafts Festival at the Montgomery County Fairgrounds in Gaithersburg.

Zakotnik's colorful, felt bags are individually-styled and incorporate buttons and brooches to add flair. Many of her purses have adjustable straps and all are water-resistant.

Each of Zakotnik's bags are hand-knit and -felted; the entire process can take anywhere from three to 10 hours. While felting is one of the earliest forms of textile processing, Zakotnik uses a modern approach, transforming skeins of yarn into fashionable handbags. After hand-

knitting the exclusive bag patterns, JZ Bags are shaped by careful molding and strategic stretching before air drying.

Zakotnik's idea of creating handbags started off small; she only planned to design and sell about 50 bags per year. Her love for style and purses has since turned her one-woman enterprise into a growing small business where she produces up to 500 felted bags a year. She works with a diverse group of knitters from the Washington, D.C. area — some retirees, some reentering the job force after rehabilitation and others recovering from an illness.

Craft lovers and holiday shoppers can visit Zakotnik and more than 400 other American artisans this weekend at the Sugarloaf Crafts Festival. Visit [www.sugarloafcrafts.com](http://www.sugarloafcrafts.com).



*JT Interiors invites you to join us for*

## *Ladies Day*

*Enjoy a wonderful day of shopping, delicious gourmet delights and special savings*

*Thursday, December 5th*

*11am - 4pm*

*9906 River Road  
Potomac, MD 20854*

*Tel: 301.299.0485*



# CALENDAR

FROM PAGE 9

contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs. Call 301-881-0100 or see [www.jccgw.org](http://www.jccgw.org).

**Theater Performance.** 7 p.m. at Walt Whitman High School auditorium, 7100 Whittier Blvd., Bethesda. See "Miss Saigon." See Friday, Nov. 22 description. Visit [whitmandrama.com](http://whitmandrama.com).

**Swing Dance Anniversary.** 8 p.m.-midnight in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Tom Cunningham Orchestra is celebrating 30 years of music and dance at Glen Echo Park. Lesson starts at 8 p.m., dancing at 9 p.m. \$15. Visit [www.tomcunningham.com](http://www.tomcunningham.com) for more.

## SUNDAY/NOV. 24

**Sugarloaf Crafts Festival.** 10 a.m.-5 p.m. at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. See Friday, Nov. 22 description. Visit [sugarloaforcrafts.com](http://sugarloaforcrafts.com).

**Holiday Shopping Bazaar.** 10 a.m.-5 p.m. at Holy Child, 9029 Bradley Blvd. Browse more than 70 vendors selling personalized clothing, handmade ceramic pieces and more. Visit [www.holychild.org](http://www.holychild.org) or 301-365-0955.

**Art Exhibit.** Noon-5 p.m. at Glen Echo's Yellow Barn Gallery, 7300 MacArthur Blvd. Audrey Farnsworth and Bonny Sydnor will present more than 50 of their works, focusing on Maryland's colorful vistas, in "All About Color." Free. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Author Appearance.** 2 p.m.-5 p.m. at Potomac Community Center, 11315 Falls Road, Potomac. Akhtar Hassan

Khan Gorkhani, Minister of Community Affairs for the Embassy of Pakistan and author of "Fifty Years of Sindh Police," will appear with entrepreneurs, community activists and professionals who are making a difference. \$5. Reserve at 301-424-0751.

**Cajun/Zydeco Dance.** 3-6 p.m. at Bumper Car Pavilion, 7300 MacArthur Blvd., Glen Echo. All ages welcome. \$15. Music by Jesse Lege and Bayou Brew. Visit [www.dancingbythebayou.com](http://www.dancingbythebayou.com).

**Argentine Tango.** 6:30-11 p.m. at Ballroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Contra Dance.** 7 p.m. lessons start; 7:30-10:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Dead Sea Squirrels provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

## MONDAY/NOV. 25

**Music Performance.** 7:30 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Jim Malcolm performs. \$18/advance; \$22/door; students with ID - \$14/advance; \$18/door. Visit [www.imtfolk.org](http://www.imtfolk.org) or 301-960-3655 for tickets.

## FRIDAY/NOV. 29

**Contra Dance.** 7:30 p.m. lessons start; 8:30-11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Elixir provides music. \$10/adult; \$5/17

and under. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org) for more.

**Contra Techno Dance.** 11:35 p.m.-1:30 a.m. in the Back Room Annex at Glen Echo, 7300 MacArthur Blvd. The Friday Night Dancers and FSGW will sponsor a "techno" dance with DJ Improper. \$7/door; \$5/member. Visit [www.fridaynightdance.org](http://www.fridaynightdance.org).

**Art Exhibit.** Ken Conley presents "Drawings and Paintings" in the Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. The exhibit, which showcases still-life, landscapes, portrait and the figure, will be open from noon-5 p.m. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-371-5593.

## SATURDAY/NOV. 30

**Swing Dance.** 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Pricing TBD. Visit [www.glenechopark.org](http://www.glenechopark.org) for more.

**Art Exhibit.** Ken Conley presents "Drawings and Paintings" in the Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. The exhibit, which showcases still-life, landscapes, portrait and the figure, will be open from noon- p.m. with a reception from 4-6 p.m. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-371-5593.

## SUNDAY/DEC. 1

**Art Exhibit.** Ken Conley presents "Drawings and Paintings" in the Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd. The exhibit, which showcases still-life, landscapes, portrait and the figure, will be open from noon-5 p.m. Free. Visit [www.glenechopark.org](http://www.glenechopark.org) or 301-371-5593.

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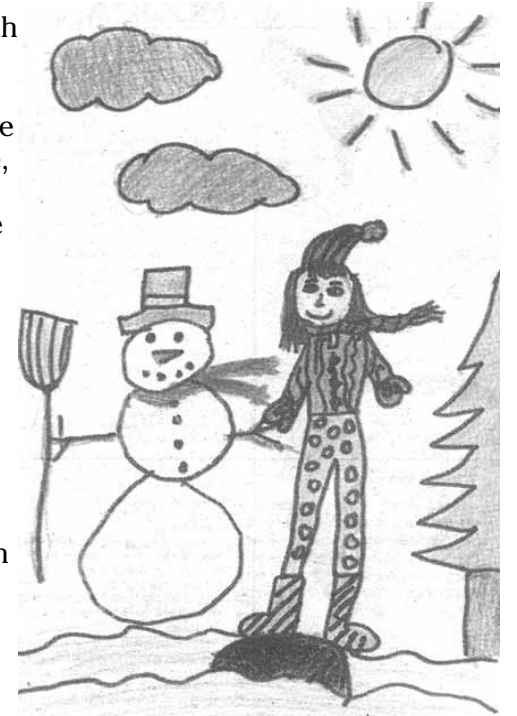
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# Two Projects Attract Standing-Room-Only Crowd

FROM PAGE 7

website.

The Hare Krishna (known as ISKCON - International Society of Krishna Consciousness) Temple proposal was presented by

ISKCON member Jeff Walker and Ananda Bloch, community president. The organization plans to build a new temple and housing facility for residential staff on their 12-acre lot on Oaklyn Drive. Bloch said that there is a need for a new sanctuary and for more modern housing: "We want to make certain that we take the environment into

**Jeff Walker and Ananda Bloch from ISKCON.**



PHOTO BY SUSAN BELFORD/THE ALMANAC

account and that we create a building that will enhance the area. It will be a green building that will also provide more classroom space." He indicated that the new proposed facility would house about 30 more people than are currently housed on the property.

Four hundred people attend services on Sundays and more attend their holiday events. They provide parking in Rockville and bus people in because of their parking difficulties.

"It may be many years before the temple is built," said Bloch. "Finances and planning take time. It will probably be five to 10 years. We will keep neighbors and the WMCCA apprised of our plans."

Concerns from members of the audience included the storm-run-off, easements, and the parking facilities.

# Supporting Wounded Warriors and Their Families

FROM PAGE 5

holiday parties. "These parties are so meaningful to the wounded warriors and their families," said Kristen Henderson, Yellow Ribbon Fund director of communications. One of our board members, Vito Pampalona (Uncle Vito to the servicemen and women) holds a golf tournament to raise funds for Yellow Ribbon Fund every year. He spends all the proceeds on holiday gifts for holiday parties for the servicemen and women and their families — and ships everything here from Michigan. He buys backpacks, t-shirts, CD's, gift cards, iPads, Playstations and much more. Santa comes to hand out the gifts — and everyone enjoys a light-hearted afternoon that truly helps when each day can be a struggle."

One of the most effective programs of Yellow Ribbon Fund supports the family caregivers who, "as unsung heroes, put their lives on hold to help their injured loved one manage the marathon of surgeries, appointments, medications and tasks of daily living," Robbins said. "We do whatever it takes. We provide housing and transportation to keep families together during long-term treatment. We sponsor therapeutic massages for the caregivers and outings for the



families. These activities give the caregivers a break from hospital life and a chance to build relationships with other caregivers." Bridgit Neisen was only 20 and from a small town in Missouri when her husband was injured. When she arrived in D.C., her instructions were to rent a car. "I was too young to rent a car," she said. "Here I was, not knowing a soul, feeling totally lost and lonely, scared to death at what I was going to find when I finally saw my husband — but Bob Talbot of the Yellow Ribbon Fund was at the hospital waiting for me as my mentor. He helped me speak with the medical personnel, find a place to live, and even got me taxi vouchers. The Yellow Ribbon Fund has been there for my husband and me — and this is where I will send my donations for the rest of my life."

Amy Oppelt, wife and caregiver of Sgt. Lucas Oppelt who lost her legs in an IED blast in Afghanistan also knows the value of the Yellow Ribbon Fund network. "Often

I felt overwhelmed and isolated. Then a fellow Wounded Warrior spouse dragged me to a Yellow Ribbon Fund caregiver dinner one night. Suddenly I was not alone in my struggles. I found respite in the caregiver events, developed friendships that I truly value and felt a great sense of community." Oppelt is now serving as Yellow Ribbon Fund caregiver program director.

"We try to honor every request," Robbins said. "We are one of the 'go-to' organizations to bring families together — even if it's not a traditional family. If a serviceman or woman believes their best friend, girlfriend, boyfriend, cousin or fiancée will help them through the recovery process, we make every effort to get them here. And we continue to help them after they arrive with housing, transportation and whatever they need."

Henderson explained that going forward, as there are fewer injured vets returning from war, the Yellow Ribbon Fund's efforts will transition to the VA Ambassador program.

They are currently recruiting volunteers around the U.S. to work with vets to help them no matter what their needs — finding a job, renovating a house, paying their

bills. Yellow Ribbon Fund stays in contact with the servicemen and women who have returned to their communities. One staff member makes phone calls to check on them (2,000 calls in two years). She was told by one vet that "This is the first call I've received since I was released."

Henderson added, "By working with civilian organizations, building networks and partnering, we can help those with lasting injuries better negotiate their world. We are also reaching out to the younger generation at local universities to become involved because they will all be aging together. One example is that American University communications students are interviewing wounded warriors and working on public service announcements for them."

The Yellow Ribbon Fund needs donations and volunteers to continue its work. To donate or sign up to volunteer, visit [www.yellowribbonfund.org](http://www.yellowribbonfund.org). Read about Yellow Ribbon Fund and other charities at [www.catalogueforphilanthropy-dc.org](http://www.catalogueforphilanthropy-dc.org). The Catalogue for Philanthropy offers gift cards, a gift registry, child-friendly philanthropies and an interactive portal to customize a giving program to meet a company's or school's needs.

# Saluting Potomac's 2013 People of the Year

FROM PAGE 3

in the U.S. Air Force (2nd Lt.) during the Korean War.

At age 21, Bob Hanson was named the first national president of the Rural Youth of the United States of America, a federation of youths involving Boy and Girl Scout troops, Future Farmers of America, 4-H Clubs.

Since then he has been a board member of the American Automobile Association (35 years); Montgomery County Fair (he was an original member); 4-H Club (he was a

national president); and Future Farmers of America. He dwells on his involvement with the Young Men's Christian Association (YMCA) and was instrumental in the building of YMCA's national headquarters.

In the mid-1950s he was chairman of the Bethesda branch of the YMCA and was instrumental in raising money for their building on Old Georgetown Road. He was equally successful in getting property donated in the 1960s for the Boy Scout headquarters on Rockville Pike

Hanson's was a Boy Scout troop master for 10 years. Boy Scouts have camped on

the Hanson's Mount Prospect Farm in the 70 acres of woodland for over 60 years.

Hanson served on the Potomac Master Plan Citizens Advisory Committee.

## BUSINESS PERSON OF THE YEAR

Bob Sickles, with his wife Tammy is owner and founder of Kids After Hours and Carnival Day, supporting many organizations for young people. Kids After Hours operates in 19 locations in Montgomery County Public Schools. Carnival Day provides moon bounces and other fun equipment, supporting events and charities like Autism Speaks,

KEEN and many local schools.

## CO-YOUTH OF THE YEAR

Matthew Schick of Landon is editor-in-chief of Landon's yearbook. He takes AP Statistics, AP Economics, AP Psychology, Chinese V, and is preparing an AP art portfolio.

Schick is helping design a new course at Landon with staff called "The School of Athens," that will bring together Landon's top talents in various media to critique and dis-

SEE PEOPLE OF THE YEAR, PAGE 15



# HOLIDAY GUIDE

COURTESY OF AMBER SCRUGGS OF LITTLE MOON PHOTOGRAPHY



**Amber Scruggs of Little Moon Photography says photo subjects should wear clothing that coordinates without matching. Find a pattern for one family member and then pull colors from that for the rest of the family's outfits.**

## Tips for Holiday Card Photos

FROM PAGE 10

shooting in the middle of the day," said Scruggs. "The best lighting is in either the early morning around 8 a.m. or late afternoon starting at 3:30 p.m. to 4 p.m. with Daylight Savings Time," she said. "Putting the low sun behind the subjects makes for magical 'rim' lighting behind the subjects."

Michael Kress, of Michael Kress Photography in Bethesda, offers a caveat for photographs that will include young children: "Make sure you pick the time of day that is best for them so they aren't cranky and crying in the shot," said Kress.

Photographer Katherine Cogan, based in Potomac, suggests taking photographs outside whenever possible. "Natural lighting is great so you don't have to worry about artificial light," she said. "The sun should be behind the photographer and shining on the subject." Kress, said creating a successful photo means each person in the picture should look his or her best. "Everyone needs to look good in the photo," he said. "Posing should be natural, not contrived. The picture says we're happy to be together even if it isn't always felt."

When it comes to choosing clothing for a family or group photo, Scruggs said photo subjects should wear

clothing that coordinates without matching. "Find a cute pattern you love for one family member and then pull colors from that for the rest of the family's outfits."

Kress adds, "If you're doing groups, avoid mixed patterns of clothing. Nothing is worse than looking at a picture with all different patterns."

Ensure the photo subjects are not distorted. "Cards are usually small, so fill space wisely with tighter cropped images, not a picture of a scene with little people saying 'we were here,'" said Kress.

For those who decide to use a professional photographer, Kress said, "Be upfront and ask about prints and their cost. If you know you want to order specific sizes, ask the photographer to possibly include them in a package."

When choosing a location for your photo shoot, Cogan said to make sure the clothing colors don't clash with the colors of the background. "If you're outside behind a tree that is green consider wearing shades of red," she said. "Reds and greens work well together as do blues and purples."

No matter what location you use, Kress said, "Don't do the picture the same way and same place every year."



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**KATALINA (cat)- Female, 1year, spayed, Torti kitten- Katalina is a petite girl, full of play, that loves to follow her foster from room to room. She loves to be a "watch cat" and observes creatures outside from a window perch. Katalina would be great in many settings so long as she can cuddle with a favorite person.**

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## Cost of Living

By KENNETH B. LOURIE



As the person primarily responsible for stocking the house with supplies and maintaining miscellaneous inventory, I am frequently in stores (supermarket, drugstore, pet store, etc.) buying the staples (not an office supply reference) our family needs to maintain our lifestyle, such as it is. And if I do say so myself, and I do, I do an excellent job balancing needs, wants and available cash flow to fulfill those various requirements. I don't know if I should win an award, but I should definitely be nominated for the tasks I regularly undertake and the success I have completing them. Moreover, considering the underlying fact that I have a terminal disease: stage IV, non-small cell lung cancer (the incurable kind), and a cash flow which is hardly guaranteed or predictable, I certainly deserve an "A" for effort.

As much as I don't/didn't want to factor my original prognosis: "13 months to two years" into my daily life, especially when allocating resources/spending money, not considering that prognosis/time line has been nearly impossible. The logic goes something like this: why spend money today on an item I might not need in six months (if you know what I mean)? Why deprive/neglect myself today (a definite) in order to prepare/plan for tomorrow (a maybe), a tomorrow that, ever since my February, 2009 diagnosis is no longer guaranteed, or at least no longer anticipated as it was prior to that date – on paper, anyway; given the fact that both of my parents lived into their mid-eighties (I was diagnosed at 54 and half)?

Nevertheless, as my life has gone on, somewhat unexpectedly, considering what my oncologist said to Team Lourie back in early 2009, my attitude about the future has evolved. Whereas once I had one (pre-diagnosis), then didn't (post diagnosis); now I sort of am having one, subject to change of course and therein lies the rub (although, it's a heck of a lot more than a "rub," it's more like a systemic irritation); trying to live/consume normally in the face/context of a terminal cancer diagnosis. It has been and continues to be the bane of my rather fortunate existence. I don't want to pretend or presume that life goes on as I have said it has – for me, but acting as if it doesn't is hardly the negative attitude I want to embrace. And for the most part, I haven't.

This emotional maturity manifested itself recently at the supermarket. I bought multiple items that I didn't need now (charcoal lighter fluid, two cans of shaving gel; in general, non-perishables), but presumably would need later (months later), but given their sale price, their net cost to me was too appealing to resist, so I bought them – without thinking too much about my life expectancy time line. In fact, the time line thing didn't hit me until later when I realized that I had made purchases whose ultimate benefit to me (other than the price discount now), when I would actually use/need the items, was not now, but later, much later. A "later" that I'm not 100-percent sure I have, given my semi-precarious cancer-centric existence. The future was once again part of my instinctive planning. And that realization made me feel unburdened somehow.

Mind over matter, I'm sure, since I've received no result (lab work, CT Scan, etc. – and certainly no assurance from my oncologist) to indicate that my medical status has changed somehow. Still, it was a good feeling to have and one that gave me hope that my future is indeed more than just an abbreviated version of my past.

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

## Paws for the Cause

FROM PAGE 3

for example, to pay for the professional preparation of an annual CFC (Combined Federal Campaign) application, printing costs and postage. Annual \$35 dues help underwrite the organization's projects. Members receive two newsletters per year and invitations to fundraising events.

The new year will find the group gearing up to celebrate its 40th anniversary. "We have come a long way in size and scope from a handful of people interested in fundraising for large animal rescue," said Claire Proffitt, Potomac resident and FMCA president. "We are still unique in our mission to help other humane groups financially in emergency situations and to help families and individuals keep their pets, but the majority of our resources and funding is currently spent on dog and cat rescue and a substantial trap/neuter/release or place program."

She cited the growing number of homeless cats and dogs in the area. Two hundred twenty-one cats and kittens have found new homes to date in 2013 and 83 TNR/TNP's have been completed thanks to the group's work.

"However, we have over 100 animals in foster care at this time. We must hone our skills to meet the needs of our community by more effective use of social media and the Internet," said Proffitt.

FMCA will kick-off its milestone anniversary with an initiative called, "The FMCA 40th Anniversary Challenge." The effort will reinforce the group's mission to make a difference in the lives of the animals in local communities and beyond.

ference in the lives of the animals in local communities and beyond.

"We want to take advantage of as many revenue generating opportunities as possible. Volunteers are establishing committees co-chaired by me and Linda McMakin to coordinate these efforts. You all will be hearing a lot more from FMCA in 2014. Please don't get sick of receiving communication from FMCA this year. We are working to secure sponsorship and envision a matching grant program for additional funds. I am willing to seed that effort with a \$5,000 match," said Proffitt. She shared her goal to raise \$30,000 with the lion's share going to spay-neuter and TNR. Those funds alone would spay or neuter 300 cats and kittens.

An on-going slideshow featuring cats and dogs available for adoption captured the attention and heartstrings of guests. Polly Berteling, a member of FMCA for 20 years said, "They do good work finding homes for pets. I have two eight-year-old cats, Samson and Delilah. One was rescued from the pound and one from a pet shop. You've got to love cats. I can't remember when I haven't had a cat."

Berteling brought her friend, Avenel resident, Sandra Maddock who had a rescue cat, Sabrina Fur, for 16 years. "It's [animal rescue] needed in this county and in the country especially in these economic times because people are turning their animals out. It may be cliché but, we are their voice," said Maddock.

For more information visit: [www.fmca.org](http://www.fmca.org)

### SPORTS BRIEFS

## Whitman Girls' Soccer Wins State Championship

The Whitman girls' soccer team defeated Catonsville 2-0 on Nov. 16 to capture the Class 4A state championship.

Whitman finished the season with a 16-1-1 record.

## Wootton Volleyball Falls in State Semifinals

The Wootton volleyball team ended its season with a 3-0 loss to Severna Park in

the 4A state semifinals on Nov. 13.

The Patriots defeated Churchill to win the 4A West region championship.

## Wootton Wins State Golf Title

The Wootton golf team won the 2013 3A/4A state championship, beating runner-up Churchill by five strokes.

Wootton's Justin Feldman finished boys' runner-up in the individual competition, carding a two-round 146 before losing in a playoff hole to Glenelg's Steven Segrist.

Churchill's Luke Schaap was third with a 147. Whitman's Andrew Barth tied for fourth with a 148.

Wootton's Delaney Shah finished runner-up in the girls' competition with a 141.

### SCHOOL NOTES

Email announcements to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon. Photos are welcome.

**Michael D. Butvinik** graduated from Boston university with a bachelor of science in hospitality administration.

**Andrew P. Haskins** has won a Merit Scholarship, the PwC Charitable Foundation Scholarship.

He is a student at Winston Churchill High School.

**Maxwell Seigel**, a freshman from Potomac, will perform in the Westminster Symphony Orchestra concert at McDaniel College, 2 College Hill, Westminster, Md.

**Keirsten Lee**, of Potomac, received a Tyree/Parajon Scholarship from Denison University. The Tyree/Parajon Scholarship is based on academic achievement, leadership and personal merit.

## People of the Year

FROM PAGE 12

cuss each other's works.

He assisted the Landon Studio Arts Department in coordinating the Best of the Independent Schools Art Competition.

Schick teaches Chinese to fifth graders and has taught Hebrew School to elementary school students at B'nai Tzedek since his seventh grade.

He performs with the same band since he was 10 years old called "Rip Tide," and the band has raised money for various charities including the Childhood Brain Tumor Foundation.

Marissa Michaels of Holton Arms earned a perfect 800 on the Writing portion of the SAT, a 760 in Math and 730 in Reading, and during her senior year is taking AP Psychology, AP Government, AP Statistics, French IV and a course called "Banned Books."

Michaels is editor-in-chief of Holton Arms yearbook, manager of the varsity volleyball team, and co-president of the school's Peer Counseling group — 26 juniors and seniors who guide students through the transition to Holton Arms Upper School.

She won first place for photography in the Washington Area Independent Schools Art Competition.

She is a first-grade teacher's assistant at Washington Hebrew Congregation's religious school, a tutor for the Latino Student Fund, and juror and clerk for the Montgomery County Teen Court.

She is a photographer who sells portraits and other works and has donated money towards "To Write Love on Her Arms," a non-profit organization that raises awareness of mental health issues and raises funds to sponsor therapeutic programs. Michaels organized Holton-Arms chapter of the group to help raise awareness of psychological and emotional issues affecting youth, including depression, anxiety, self-harm and addiction.

## Man Charged

FROM PAGE 3

hicle and drove away," according to police. "The suspect was located on top of an adjacent mall parking deck and was taken into custody by police a short time later. When the suspect was located, detectives also discovered that the suspect's 2-year-old daughter was in the vehicle."

The female victim was transported to the hospital with serious injuries, and the male victim was transported to the hospital with non-life-threatening injuries.

— KEN MOORE



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