

# Potomac ALMANAC

## Playing Point Guard

SPORTS, PAGE 9

Whitman point guard  
Caroline Kahlenberg is  
a three-year starter for  
the Vikings. Head  
coach Pete Kenah  
describes the senior as  
a pass-first player.

Local Playwright's  
'Snow White and  
The Several Sillies'

NEWS, PAGE 3

Youngsters  
Learn How  
They Can Help

NEWS, PAGE 3

Camps & Schools

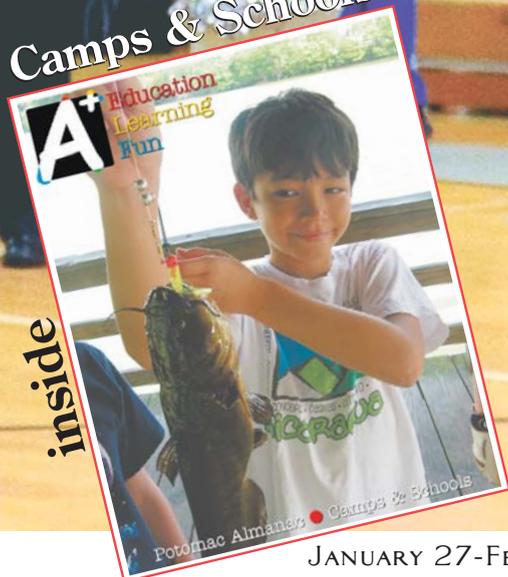


PHOTO BY MIKE SEYMOUR

CALENDAR, PAGE 7 ♦ SPORTS, PAGE 9 ♦ CLASSIFIED, PAGE 10

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## OPINION

# A Robin in Winter

BY CAROLE FUNGER

Last week a friend and I were sipping tea in her kitchen, the frost-rimmed glass of her breakfast room window the lone barrier separating us from the stark winter landscape beyond. We were feeling a little gloomy with the holidays over and an arctic chill blanketing the Potomac. As we brooded over the far-off promise of spring, wafts of steam rising up from our glasses, I glanced outside to spot a flock of birds suddenly descending from the sky. Jumping to the window, we stared in wonder as a large number of red robins blanketed the arms of a neighboring tree. We counted over 30 birds in all, suspended like the holiday ornaments we had only just put away, their orange-red breasts silhouetted against the slate blue sky.

A flock of robins come to roost in the dead of winter? What could this mean? Was Nature making an observation on our state of mind or vice-versa? Hard to tell as we watched the birds glide effortlessly among the branches.

Clearly further investigation was needed.



Back home later, I embarked on some research into the American Red Robin. In stark contrast to our own experience, I learned that this well-loved wild bird traditionally migrates south from our area

at the end of August to warmer locations on the Gulf Coast, Mexico and even the Pacific, usually returning in early March or April, when it is known as the harbinger of spring. Rarely appearing in large groups during the daytime, robins prefer to assemble in flocks at night, when they roost in trees or secluded woodland areas. Beautiful and complex, the robin's song is comprised of distinctive parts, which vary by region and time of day, and is sometimes referred to as the "cheery carol."

Much folklore and superstition surround the Red Robin. It is said that a wish made on the first robin of spring will be granted; conversely, killing the bird is a very bad omen. Other legends claim that the bird's position when singing can forecast the weather, while breaking its eggs will lead to something valuable being stolen. A universal symbol of charity and piety, the robin has long been associated with acts of kindness and is viewed



as a friend to people. The little bird can even be traced back to earliest of times, when it was considered a sacred symbol of the household gods.

So to return to the robins at hand — could their unexpected appearance at my friend's window be telling us something? Was it Nature's way of communicating to us a bigger truth? Symbols, whether objects of general superstition, or more personal metaphor, can serve to remind us that beyond our own individual lives there is always a bigger picture. Taken to heart, they can be vehicles for leading a more rich and inspired life. The sudden appearance of robins in winter, while not unheard of, served to wake my friend and I from our winter doldrums and provide us with a new, more colorful point of view. A robin in winter, like Nature, an endless source of inspiration, provides us with these subtle moments for happiness, even on the most cheerless of days.

## LETTERS

### Keeping Neighbors Informed

To the Editor:

In our continuing effort to keep neighbors and the community informed, we wanted to provide you with the status of the rezoning application for the Hanson family's property in North Potomac. As you may already be aware, in May of 2009 our family filed a rezoning application to reclassify the property to the PD-2 (Planned Development) zone, consistent with the recommendations in the approved Potomac Subregion Master Plan. Since May our family has continued to work with neighbors, homeowner associations and staff of various governmental agencies. In response to comments and suggestions, we have incorporated several changes to the plan that we believe are consistent with the Potomac Master Plan, are sensitive to the environment and are responsive to the community. The following are the changes from the earlier design: We reduced the number of lots and increased the size of the lots and the open space along Travilah Road in order to

better maintain the view shed.

We modified the alignment of the entrance road from Travilah Road to address environmental concerns raised by agency staff while meeting the desire of the Hunting Hills Estates community to avoid an intersection directly opposite their entrance. We continue to include the addition of a traffic calming circle at the intersection of Turkey Foot and Travilah Roads.

We have reduced the total number of attached units (e.g. townhouses) which could be built in the property interior under the PD-2 zone description.

As in the original design presented early last summer, the submitted design includes the ultimate dedication of significant open space contiguous to the Muddy Branch Stream Valley Park, large lots and open space along the perimeter of the property and a local park of 10 acres, which offers enhanced recreational opportunities for the entire North Potomac community. The entire community has been designed according to the principles of environmental site design. This includes environmentally sensitive sewer line placement. Tree loss and forest loss have been reduced while balancing the objectives of the Master Plan and a significant amount

of upland forest is proposed to be protected. We are trying to honor the spirit and letter of the Master Plan with this design. As we have stated before, the property is not for sale at this time and no negotiations with a builder or developer have begun, but at the time one is selected, these are the principles they would be required to follow. The rezoning application is currently scheduled to be heard by the Montgomery County Planning Board on March 4. The Montgomery County Hearing Examiner will conduct a hearing on March 12, and if necessary, March 15. We thank you for your ideas, comments, suggestions, and even criticism that you have shared with us since we started this process in August of 2008. Our hope is that this design will be a welcome addition to the community when the property has to be sold. If you have any questions, please feel free to contact me. My number is 301-807-2844. My email is hansonest@comcast.net. Thank you again for your thoughts and support.

**John Hanson,**  
 for **Robert and JoAnne Hanson, Tim and Alicia Hanson, and Chuck Hanson**

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## PTC To Present Local Playwright's Work

### Auditions held for Shockley's 'Snow White and the Several Sillies.'

BY ANSLEY LABARRE  
THE ALMANAC

**F**or Marilyn Shockley, the Potomac Theatre Company's children's production is more than just another show — it's her own. Shockley has spent her retirement years writing children's productions and "Snow White and the Several Sillies" will be featured as this year's spring show.

A Potomac resident since 1971, Shockley was involved in the PTC's very first production. Although she spent nearly 20 years as a court reporter on Capitol Hill, she considers the art of theatre her true profession.

"It's like my lifeline," said Shockley.

Shockley had the opportunity to pursue her interests in theatre as her children departed for college. No longer confined to the work force where long days left her voice weak, Shockley took over her daughter's voice lessons and began training for the stage. Pushed by her teacher to audition for the practice, Shockley was cast on her first attempt in PTC's "Pirates of Penzance."

The grandmother of three began writing children's musicals in the late '90s when she realized there was not an extensive selection of productions for the younger crowd. The shows do not necessarily feature children, but are created for their enjoyment. Of the eight she has written, Shockley has had one — "What's a Wolf to Do?" — published. This year marks



PHOTOS BY HARVEY LEVINE/THE ALMANAC

**Potomac resident Marilyn Shockley, the author and composer of "Snow White and the Several Sillies" explains details of the plot.**

Shockley's third children's musical to be performed by the PTC, all of which are modern twists on classic fairy tales.

"It gives them another dimension," Shockley said. She also writes all the songs included in her productions, complete with rhymes and themes in stride with her plot. The playwright says it isn't hard for her to find a muse, as "Snow White and the Several Sillies" only took Shockley several weeks



**Tricia Weiler, a veteran actor with Potomac Theatre Company, helps to relieve the pre-audition tension by improvising the role of a nervous actor awaiting their turn to audition. Brian Polk, who appeared in the Potomac Theatre Company's recent production of "It's Beginning to Look a Lot Like Christmas, enjoys Weiler's antics.**

to create the hour-long show from start to finish.

"I write whenever the spirit moves me," Shockley said.

For the show's director Stephanie Offutt, it's a rarity to have a community playwright working alongside her as they cast auditions for the March production.

"Usually the playwright is a vapor on a shelf somewhere," said Offutt, who is grateful Shockley trusts her with the script as they collaborate for opening night.

**LIKE ALL** the children's shows she has written, Shockley says "Snow White and the Several Sillies" is fast-paced and creates variety among both players and audience. Set in a beauty salon, the show combines modern takes on traditional themes and features nine of Shockley's self-composed

songs. While Shockley is a woman of many trades, she does not play piano and relies on others to create the accompaniment for her shows.

Although "Snow White and the Several Sillies" will consume the majority of her time for the upcoming weeks, Shockley plans to continue her writing for many years. She says she prefers musicals because of the movement and songs differentiating the production from straight plays.

Shockley has not limited herself to children's productions, and says her goal is to have the accompaniment created for her stacks of written shows. For now, the local playwright will look forward to her community rendition of "Snow White and the Several Sillies," performed during afternoon showings at the Bullis Theatre on March 20, 21, 27 and 28.

## Youngsters Learn How They Can Help

### Local company offers service for youth.

BY ANSLEY LABARRE  
THE ALMANAC

**K**aren Walker hoped to instill the value of service in her two children from their earliest age. Walker raised her elementary-aged children to donate proceeds from summer lemonade stands to local charities and send their unwrapped birthday gifts to hospitals.

Before long, however, Walker found herself searching for suitable means to get her youngsters involved in volunteering. She found most service projects were not geared toward her 8 and 10-year-olds' age group. In an attempt to build a community bridge, Walker found herself road blocked.

Enter: YesKidzCan! The local online business model is focused on engaging elementary children in community service. Launching earlier this month, co-founders Lisa Novick and Julie Chapman are moms and business partners driven by philanthropy. After finding parents like Walker didn't have the proper

time and resources to get their young children involved in community service, Novick and Chapman decided to create the tools themselves.

"We're a big vision, and we're hoping that we're wildly successful with it," said Chapman.

Chapman says it is critical to understand that community service is not limited to gigantic and time-consuming projects, and it is more important for kids to associate positive memories with service. As a busy mom herself, she believes something as simple as helping an individual across the street can make a world of difference. So, she and Novick created the YesKidzCan! Web site to highlight all deeds of service, big or small.

"With the Web site, we provide parents with tools and resources for what we call 'giving experiences,'" said Chapman. "You can do things as simple as starting a dinner conversation."

The site offers weekly topics to get the dinner conversation rolling, book reviews and — their biggest resource — service kits. The kits offer instructions, supply lists and contact references for parents to create an in-home project from start to finish. Projects



PHOTO CONTRIBUTED

**The YesKidzCan! Club of Potomac created butterfly paintings to donate to the Children's National Medical Center in Washington, D.C.**

SEE YOUNGSTERS, PAGE 6

# OBITUARY

## Edgar Sims Jr.

Prominent hotel company founder Edgar Sims, Jr. had a deep-seated commitment to his industry that propelled him to a number of significant business and civic posts, say family and friends.

"He chaired numerous state and national organizations to promote the growth and well being of the lodging industry," said Andrew Sims of his father.

The elder Mr. Sims along with his wife founded MHI Hotels in 1957 by purchasing a 12-unit motel in College Park. Mr. Sims over a 50-year period grew the company to include numerous upscale hotels throughout the southeast United States trading under the Hilton, Crowne Plaza, and Sheraton banners. MHI Hospitality Corporation now trades as a public company on the NASDAQ exchange.

Mr. Sims died on Jan. 19, 2010 at the age of 81 after an extended illness and internment at Manor Care in Potomac. A funeral and memorial service was held at St. Andrew's Episcopal Church, 4512 College Avenue in College on Saturday, Jan. 23, 2010.

Among his numerous business accomplishments, Mr. Sims served on the board of directors of the American Motor Hotel Association from 1963-1966 being named the association's president in 1965. In 1964 Mr. Sims received the Motel Hall of Fame award from Hospitality Magazine. Mr. Sims served as the president of the Metro Washington Motel Association (1969), Maryland Travel Council (1973), and the Prince Georges Travel Promotion Council (1979-1981). In the decades following Mr. Sims was an officer of the Maryland Economic Development

Commission, the Prince Georges County Chamber of Commerce and the College Park Board of Trade. He was the Maryland Travel Person of the Year in 1983.

Said Chief Financial Officer William Zaiser, "Ed Sims was the gold standard in the hospitality industry. He treated employees as extended family and guests at his establishments as visiting friends. He infused the business culture of our company with the highest standards of honesty, ethics and hospitality. We have all lost a friend, a family member and a beloved colleague. He will be sorely missed by all of us who knew him."

Born in Alexandria, Va. in 1928, Mr. Sims grew up the only child of the city's Chief of Police, Edgar Sims, Sr., and homemaker Agnes Estelle Bartlett Sims. He graduated from the former George Washington High School (Alexandria) where he let-

tered in four sports. In 2001 Mr. Sims was inducted into the Alexandria Athletic Hall of Fame.

He attended Furman University on scholarship from 1947-1950 where he played football, basketball and track. He graduated from George Washington University law school in 1957. He was a lifelong member of the Kappa Alpha social fraternity and the Phi Alpha Delta law fraternity. His love for sports extended into his adult life as a 45-year member of the University of Maryland's Terrapin Club where he served in various officer capacities and as president in the 1988/89 academic year. He is one of the few non-alumni granted membership in the university's "M" Club. He was a member of the Stockton Guard, a George Washington Law School alumni group.

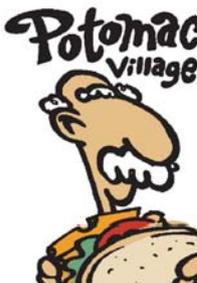
His love for sports and business was exceeded only by the love of his family. Mr. Sims is survived by his wife of 57 years, Jeanette Amy Irwin Sims, daughter - Amy Sims Loisel of Raleigh, N.C., and three sons - Kim E. Sims of Chevy Chase, Andrew M. Sims of Williamsburg, Va., and Christopher L. Sims of Kensington, Md.; three daughter's in law - Shaye Siegler Sims, Susan Taylor Sims, and Christine Anastasi Sims, and a son in law, Bradley Loisel; as well as 12 grandchildren.



Mr. Sims served the community through various organizations including the Prince George's County Kiwanis Club, College Park Cub Scouts, and College Park Boys Club. He was a longtime member of the Columbia County Club, Annapolis Yacht Club, and Sherwood Forest Club (Annapolis).

"My dad was very modest about his accomplishments. He rarely spoke of them and yet he provided a wonderful role model for so many" said Kim Sims, Mr. Sims eldest son.

Memorials may be made to the Edgar Sims fund for the benefit of St. Andrew's Episcopal Church (College Park).



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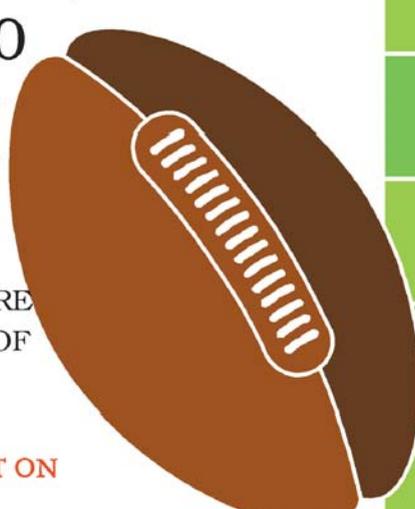
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## PETS OF THE WEEK

Partnership for Animal Welfare (PAW) is an all-volunteer, not-for-profit group. To adopt an animal, volunteer or make a tax-deductible donation, visit [www.paw-rescue.org](http://www.paw-rescue.org), call 301-572-4729 or write to PAW, P.O. Box 1074, Greenbelt, MD 20768.



**Jolene** is a 2-year-old female Beagle. At 25 pounds and already spayed, Jolene is a young, sweet "Chocolate" Beagle with a puppy's energy and personality. She's a Velcro dog for affection and loves to sniff and play with other dogs. Jolene would do best in a Beagle-experienced family home with a secure fence where she could expend her energy safely.



**Midge** is a 2-year-old Minipin mix. At 20 pounds and already spayed, Midge is all action - running, jumping and playing with abandon. She's very intelligent and needs a challenge, like jogging or agility buddy. Midge would love an active home with a dog buddy and children over 8 to share her enthusiasm for life.

## BULLETIN BOARD

To submit an item for the Civic Calendar, e-mail [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon two weeks prior to the event. For questions, call 703-778-9412.

register, call 240-777-8330 or visit [www.montgomerycountymd.gov/cfw](http://www.montgomerycountymd.gov/cfw).

## WEDNESDAY/FEB. 3

**Town Hall Meeting for Students.** 7 p.m. Hosted by Montgomery County Council. At the Council Office Building, Third Floor Hearing Room, Rockville. Go to: [http://www.montgomerycountymd.gov/Apps/Council/PressRelease/PR\\_details.asp?PrID=6176](http://www.montgomerycountymd.gov/Apps/Council/PressRelease/PR_details.asp?PrID=6176)

## SUNDAY/JAN. 31

**Women's Legislative Briefing.** 12:30-5:30 p.m. \$10 admission. Lilly Ledbetter, internationally known pay equity advocate, will present the keynote address. At The Universities at Shady Grove, Building II, 9630 Gudelsky Drive, Rockville. To pre-

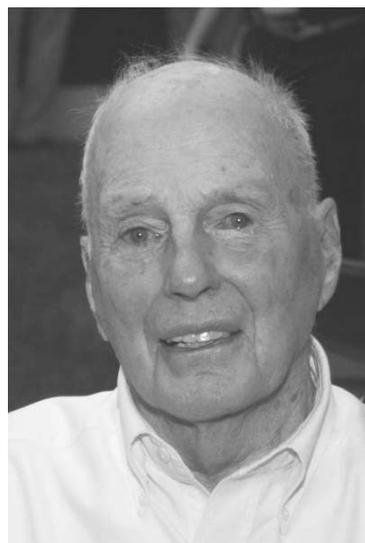
# OBITUARY

## Lytt Gould, Jr.

Lyttleton Bowen Purnell Gould Jr., of Hadlyme Conn., died on Dec. 30, 2009 at the age of 90. The son of L. B. P. and Isabel Howell Gould, he was born in New York City on Sept. 10, 1919. He graduated from Hotchkiss School in 1939 and Yale University in 1943 where he was a member of DKE and Elihu. From 1941-45, he first served as a lieutenant in the U.S. Navy and skipper of a subchaser, then executive officer of a destroyer escort in the Pacific. On June 21, 1947 he married Mary ("Sis") Krech Jackson Gould.

A consummate lifelong educator, from 1945-58 Lytt first taught general science, American history and geography, also coaching football and baseball at Landon School Bethesda, Md., and then culminated as Head of the Middle School. During this time in 1955 he was also a founding member of the St. Francis Episcopal Church in Potomac. In 1958, Lytt became the headmaster of Far Hills Country Day School, Far Hills, N.J., resigning in 1963 to become a founder and the first headmaster (1963-73) of Purnell School in Pottersville N.J.

Lytt's vision for Purnell was fo-



cused on preparing girls in grades 10 to 12 for a full-filling and rewarding life through building self-confidence in an educational environment and curriculum that allowed for the discovery and development of each individual girl's unique talents and character. For Lytt, Sis and several key friends, associates and advisors, the course to a successful life led through a range of possibilities including but not limited to a college education. Over 1,200 alumnae have graduated from Purnell; many both from when he and Sis were at the helm

and from late years, retained contact with them, visited them and recall them with great affection and gratitude.

Valued for demanding and setting high standards for himself and others, and for broad knowledge of education and administration, Lytt served as a member of the board of Miss Porter's School, Holton-Arms School, Garrison Forest School, Briarcliff College, Purnell, and others; a trustee of Mystic Seaport Museum and Lyme Academy of Fine Arts; and on the class council and as alumni fund agent of Yale Class of 1943.

Upon "retiring" Lytt helped Sis, a pioneer in riding and carriage driving for the disabled through NAHRA, found what became High Hopes Therapeutic Riding Inc. in Old Lyme, Conn. and hosted equestrian events for the Special Olympics in 1995. He was a member of Essex Yacht Club, Hamburg Cove Yacht Club, Beachton Yacht Club, Old Lyme Country Club, Headmistress Association of the East, and Yale Club (New York).

A keen sailor, in the summer Lytt and Sis could be found in Maine on their yawl, Tamaqua, or in residence in Long Cove on Vinalhaven, where they were renowned for their hospitality to

many family and friends as well as to visiting yachtsmen — and letting all comers use guest moorings in return for a nominal donation to Purnell School or High Hopes. He and Sis had a large circle of devoted friends, many from Yale or Purnell, to the ends of their lives.

Sis predeceased Lytt as did his sister Harriet Gould Rogers. He is survived by his sister Nancy Gould Ripley; son, Lyttleton B.P. Gould III; daughter, Isabel Cynthia

Gould; step-daughters, Lylee M. S. Krech and Kara B. Seymour; 10 grand-children; and 13 great-grandchildren.

Memorial services will be at High Hopes, Old Lyme, Conn. on Saturday, April 24 at 1 p.m. Interment private. An additional memorial service will be held on May 14 at 2 p.m. at Purnell School, Pottersville, N.J. In lieu of flowers, memorial donations may be made to Purnell School, 51 Pottersville Road, Pottersville NJ 07979.

### CRIME REPORT

❖ A **residential burglary** occurred in the 9800 block of Sorrel Avenue in Potomac on Wednesday, Dec. 16 between 9:30 a.m. and 1:25 p.m. Force used, property taken.

❖ An **attempted commercial burglary** occurred on Sunday, Dec. 27 between 1:37 a.m. and 9:55 a.m. at the Dominos, 12962 Travilah Road in Potomac. Attempted forced entry, none gained, nothing taken.

❖ A **residential burglary** occurred in the 15500 block of Norman Drive in North Potomac on Monday, Dec. 28 at 9:43 p.m. unknown type entry; unknown if property was taken.

❖ A **residential burglary** occurred in the 13700 block of Travilah Road in Potomac between Thursday,

Dec. 24 and Monday, Dec. 28. Forced entry; property was taken.

❖ A **residential burglary** occurred in the 10000 block of Weatherwood Court in Potomac on Tuesday, Dec. 29 between 9 a.m. and 10 p.m. Forced entry; property was taken.

❖ A **residential burglary** occurred between Saturday, Dec. 26 and Sunday, Dec. 27 in the 10300 block of Potomac Corner Drive in Rockville. Unknown type of entry; nothing was taken.

❖ A **residential burglary** occurred in the 10500 block of White Clover Terrace in Potomac on Wednesday, Jan. 6 between 9:30 a.m. and 6 p.m. Forced entry; property was taken.



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Partners with CCH in the Haiti relief effort include: MedAssets; Inova Fairfax Hospital for Children; Missionary Flights International; and MTS Services.



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— Charles Mann, Inova Health System Board Member



"Luciana and I have worked with the Community Coalition for Haiti and we ask you to join us in supporting the humanitarian efforts that are under way."

— Robert & Luciana Duvall



"We all need to take swift action to make sure that relief reaches the people of Haiti as quickly as it can."

— Darrell Green, NFL Hall of Fame

Photo by © Cameron Davidson

## PEOPLE



**Christine Minutoli, sales associate with Coldwell Banker Residential Brokerage in North Potomac/Rockville (left) and her mother, Angela Twomey (right), helped host a luncheon at the Victory Terrace senior community in Potomac featuring Dorothy "Doro" Bush Koch (center), the daughter of former U.S. President George H.W. Bush and sister of former U.S. President George W. Bush.**

## Minutoli and Family Help Seniors

For Christine Minutoli, sales associate with Coldwell Banker Residential Brokerage in North Potomac/Rockville, volunteering to help seniors is a family affair.

Inspired by her mother, Minutoli, her three children and husband all volunteer at Victory Terrace, a senior community in Potomac, spending time with the residents and catering special events. Minutoli's mother, Angela Twomey, lives in Victory Terrace and is the person in charge of catering special events; she buys the food, cooks it and serves it.

Most recently, Minutoli and her mother helped host a luncheon for 60 people featuring Dorothy "Doro" Bush Koch, the daughter of former U.S. President George H.W. Bush and sister of former U.S. President George W. Bush. Mother and daughter prepared the meal.

"It was such a nice event. Everyone was dressed in suits and beautiful dresses," said Minutoli. Bush Koch shared stories about her family and signed copies of her book, "My Father, My President: A Personal Ac-

count of the Life of George H.W. Bush," which she gave to everyone who attended as a gift. She stayed for awhile afterwards and a few of the residents shared wartime stories with her.

Helping seniors comes naturally to Minutoli, who helped her mom fight breast cancer six years ago by starting her real estate sales business to help pay the medical bills. "Real estate was the perfect choice for me," said Minutoli. "I enjoy helping people and it allows me to have a flexible schedule." After winning her battle, Twomey moved into Victory Terrace and began volunteering to help others in the community. Minutoli, her husband and two teenaged children help with the catering, and Minutoli donates prizes for veterans' and seniors' bingo.

"I also have an 8-year old who spends quality time with his grandmother and all the other residents," said Minutoli. "They really enjoy it. He teaches them how to use the computer and plays ping-pong, bingo and cards with them. They love to tell him stories."

## Youngsters Learn How To Help

FROM PAGE 3

are oriented for small in-home groups, like baking dog biscuits for local animal shelters complete with easy facts for children to understand why their deed is making a difference.

Walker's children were among the first pilot group to create homemade pillowcases for soldiers at nearby hospitals. She says she was impressed with the detailed planning within the kit, from the iron-on designs to the hospital's mailing address.

"The creativity is really good for parents who want to do something good but don't know where to start," said Walker.

Within the first few weeks of opening, Chapman says they have already sold a handful of kits to customers at eight dollars a piece. Chapman calls YesKidzCan! a community wealth enterprise, meaning each year's net profits will be invested back into the community through a choice beneficiary.

Chapman believes it is equally important for children to share their experiences with others, and has created a global service network through their Web site to serve as a forum recognizing acts of kindness and

new ways to give back to the community. She and Novick are also running a blog on the site to keep things current. The 7.0 scale earthquake that shook Haiti struck within the first week of the Web site launching, and Novick and Chapman immediately offered outlets to contribute to relief efforts.

It is critical to get children involved at a young age, Chapman says, because they are more likely to continue a lifetime of service. She has the statistics to prove it — researchers from the Independent Sector and Youth Service America found that two-thirds of the adults who volunteer began service during childhood.

"We're investing in the community service leaders of tomorrow," said Chapman of the project's initiative.

YesKidzCan! is operating with a twofold business model: to create a simple environment for parents to lead their children in service projects and engrain the idea of giving back at a young age. Walker says she has witnessed the positive benefits of the service projects on their young children.

"It's something they can do to make a difference in a life," said Walker. "And they absolutely understand the difference."

# CALENDAR



## SATURDAY/JAN. 30

**Painter Evan Goldman Talks.** 1-2:30 p.m. His work includes realistic landscapes, portraits, nudes, narratives, and still-lives. Will be lecturing about his paintings at the Yellow Barn Stone Tower, 7300 MacArthur Blvd., Glen Echo Park.

To have community events listed free in *The Potomac Almanac*, send e-mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Call 703-778-9412.

## ONGOING

**Senior Tech.** Computer and exercise classes for basic to advanced computer skills. At the Jewish Council for the Aging, Bethesda Vital Living Center, 4805 Edgmoor Lane, 2<sup>nd</sup> floor. For ages 65-plus. Cost is \$10 to \$65. Call 240-395-0915.

## NOW THROUGH JAN. 31

**"The Foreigner."** Evening performances are at 8 p.m., Sunday matinees are at 2 p.m. Tickets are \$16 for adults and \$14 for seniors and students, and are available by calling the box office at 240-314-8690, or online at [www.ticketleap.com](http://www.ticketleap.com). At the F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Visit the RLT Web site at [www.rlt-online.org](http://www.rlt-online.org).

## NOW THROUGH FEB. 21

**"Rapunzel."** Presented by the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Performances Fridays at 10 a.m. and 11:30 a.m. and Saturdays and Sundays at 11:30 a.m. and 1 p.m. It is recommended for PreK- Grade 4, and runs 45 minutes. Tickets are \$10, with group rates available. Visit [www.thepuppetco.org](http://www.thepuppetco.org) or call 301-634-5380.

## WEDNESDAY/JAN. 27

**Pianist Radu Lupu.** 8 p.m. Will perform Janáček In the Mist, Beethoven Sonata No. 23 in F minor, Op. 57, "Appassionata," Schubert Sonata in A Major, D.959. At the Music Center at Strathmore. Call 301-581-5100 or buy online at WPAS.org or call 202-785-WPAS.

## THURSDAY/JAN. 28

**Blues Dance.** 8:30-11:30 p.m. Admission \$8. Rotating DJs and instructors. Beginner workshop from 8:15 to 9 p.m. Dancing from 9 to 11:30 p.m. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [info@capitalblues.org](mailto:info@capitalblues.org).  
**Storytime: Star Stories.** 10:30 a.m. to 11:30 a.m. Cost is \$4. Explore the myths of gods, goddesses and heroes of the night sky. At Locust Grove Nature

Center, 7777 Democracy Blvd., Bethesda.

## FRIDAY/JAN. 29

**Coffee House Shabbat.** 8:30 p.m. Temple Beth Ami presents a Night of Jazz featuring singer/songwriter Jayme Ploff and guitarist Wendy Eisenberg. Shabbat services at 7:30 p.m. At 14330 Travilah Road, Rockville. Go to [www.bethami.org](http://www.bethami.org). 301-340-6818.

**Beatlemania Now.** 8 p.m. Live stage show with 30 Beatles' classics, including film footage and TV commercials of the times. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Go to [www.Strathmore.org](http://www.Strathmore.org) or call 301-581-5100.

**Contra Dance.** 7:30-11:30 p.m. Admission \$9. There is a Contra dance lesson from 7:30 to 8:15 p.m. followed by the called dance to live music from 8:30 to 11:30 p.m. Live band with Honeysuckle Rose: Liz Donaldson (piano), Andrea Hoag (fiddle), Paul Oorts (banjo, guitar, mandolin). At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [fndcontra@yahoo.com](mailto:fndcontra@yahoo.com).

**Friday Explorations: Teeth and Bones.** 4:15-5:15 p.m. Cost is \$5. How do animal's teeth and their skulls determine what they eat and how they hunt? At Locust Grove Nature Center, 7777 Democracy Blvd., Bethesda.

## SATURDAY/JAN. 30

**Painter Evan Goldman Talks.** 1-2:30 p.m. His work includes realistic landscapes, portraits, nudes, narratives, and still-lives. Will be lecturing about his paintings at the Yellow Barn Stone Tower, 7300 MacArthur Blvd., Glen Echo Park.

**The Writer's Center's 33<sup>rd</sup> Birthday Celebration.** 7:30 p.m. A reading featuring "alum" Pagan Kennedy, author of *The Dangerous Joy of Dr. Sex and Other True Stories*, and acclaimed poet and translator Carolyn Forché, whose most recent book is *Blue Hour*. Catherine Leggett will host this year's event. At The Writer's Center, 4508 Walsh Street, Bethesda. Cost is \$20. For tickets or information, call 301-654-8664 or visit [www.writer.org](http://www.writer.org).

**Washington Nationals Caravan.** 5 to 7 p.m. Nationals Players Brian Bruney, Matt Capps, Tyler Clippard, Adam Dunn, John Lannan, Craig Stammen and Josh Willingham, along with Manager Jim Riggleman, will sign autographs. At White Flint Mall.

SEE CALENDAR, PAGE 12

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# LET'S TALK Real Estate

by **Michael Matese**

## LUXURY HOMES FOR PAMPERED PETS

Many dog owners build a doghouse where Fido can sleep in the fresh air and chew his bones without adversely affecting their parquet floors. But an ordinary doghouse may look seriously out of place beside a Tudor-style manor home or a seaside Mediterranean villa. If you find the typical doghouse boring, there are alternatives more suitable to the architectural standards of your human residence.

Notable architects have found a special market for designer doggie homes. In his delightful book *Barkitecture*, Fred Albert describes the "Chateau du Chien", adorned with a granite floor, an inlaid Indian rug, an elevated copper roof and inscriptions of the names of famous dogs. Another custom-designed canine Hobbit-style cottage has antique hand-hewn beams, a high thatched roof and lush floral landscaping.

At [www.tailsbythebay.com](http://www.tailsbythebay.com), you can find the "Hula Hut", an adorable hand-crafted plywood and bamboo island-inspired cottage for small to medium dogs, whose ceiling is lined with colorful "aloha" fabric. The "Asian Fur" pet home is made of kiln-dried Asian fir with superior insulating value, and has a rooftop deck for pet sunbathing. Hi-Tech Building Systems offer custom doghouses designed to match your home's exterior.

Pamper your pet and improve the look of your own home with a pet palace!

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# CALENDAR

FROM PAGE II

**Achieving Your Dog's Training Goals.** 2-4 p.m. How to achieve your dog training goals; why dogs do the things they do; how to effectively use rewards, as well as when and how to stop using them. At the Potomac Community Center, 11315 Falls Road, Potomac. Free, but register: [www.yourdogsfriend.info](http://www.yourdogsfriend.info) or 301-983-5913.

**Swing Dance.** 8 p.m. to midnight. Beginner lesson at 8 p.m., followed by dancing to live music until midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [huh@thejamcellar.com](mailto:huh@thejamcellar.com).

**JAN. 30-31**

**Camp and Summer Programs Expo.** Saturday 10 a.m. to 6 p.m., Sunday noon to 5 p.m. Information on day camps, overnight camps, specialty camps. At White Flint Mall. Go to: [http://www.shopwhiteflint.com/new\\_wf/camp\\_list10\\_frame.htm](http://www.shopwhiteflint.com/new_wf/camp_list10_frame.htm)

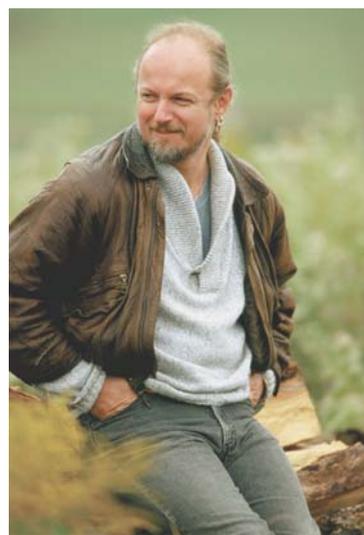
**A Russian Evening.** Saturday at 8 p.m.; Sunday at 3 p.m. Tickets are \$29-\$79. Pianist Leon Fleisher in a performance conducted by Piotr Gajewski with by the National Philharmonic. The concert will also feature Modest Mussorgsky's Night on Bald Mountain, and Piotr Ilyich Tchaikovsky's Symphony No. 6, "The Pathétique." A free pre-concert lecture will be offered one hour before. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Go to [www.Strathmore.org](http://www.Strathmore.org) or call 301-581-5100.

**SUNDAY/JAN. 31**

**Family Concert and Dance Workshop.** 2-3:30 p.m. By the Bokamoso Theater Group of Winterveld, South Africa. For students preschool to grade 12. At 8804 Postoak Road, MacDonald Hall, Potomac. Visit [www.saes.org](http://www.saes.org).

**Biblical Archaeologist Talk.** 7 p.m. Hershel Shanks, editor of the quarterly Biblical Archaeology Review and internationally known Biblical archaeologist, will speak. At Potomac Presbyterian Church, 10301 River Road, Potomac. Contact Bill Malone at [malone@alum.mit.edu](mailto:malone@alum.mit.edu) or 301-365-1175.

**Contra and Square Dance.** 7-10:30 p.m. Admission \$12/nonmembers, \$9/members. The evening can include square dances, mixers, waltzes and other couple dances. All Contras and Square dances are taught, no partner is necessary. There is a lesson at 7 p.m., followed by dances called by Paul Rosen for Waverley Station from 7:30 to 10:30 p.m. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Go to <http://www.fsgw.org>.



**TUESDAY/FEB. 9**

**Garnet Rogers.** 8 p.m. \$18/door, \$15/advance. Canadian folk singer-songwriter. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive, Rockville. Contact David Spitzer at [focusrockville@earthlink.net](mailto:focusrockville@earthlink.net) or 301-275-7459.

**"Unlocking the Cantillation Code."**

10 a.m. to noon. With teacher and author Josh Jacobson in honor of Shabbat Shira. At Adat Shalom Reconstructionist Congregation, 7727 Persimmon Tree Lane, Bethesda Contact Adat Shalom at 301-767-3333, ext. 106, or [www.adatshalom.net](http://www.adatshalom.net).

**Day of Learning.** YCT (Yeshiva Chovevi Torah Rabbinical School) and Beth Shalom Congregation and Talmud Torah are sponsoring a day of learning (Yom Iyun) on Sunday, Jan. 31. The program will explore how we experience our relationships with our parents and how we hope to pass our experience on to future generations. Rabbis Avi Weiss, Dov Lizner, Joel Tessler, Nissan Antine, Jack Bieler, Yamin Levy, Aaron Frank as well as Laura Shaw Frank will be the facilitators for the day program. Registration is at 10:30 a.m. and participation is free of charge but pre-registration is required. Lunch is \$25. To register, email [sapter@yctorah.org](mailto:sapter@yctorah.org) or call 212-666-0036.

**Women's Legislative Briefing.** 12:30-5:30 p.m. \$10 admission. Lilly Ledbetter, internationally known pay equity advocate, will present the keynote address. At The Universities at Shady Grove, Building II, 9630 Gudelsky Drive, Rockville. To pre-register, call 240-777-8330 or visit [www.montgomerycountymd.gov/cfw](http://www.montgomerycountymd.gov/cfw).

**MONDAY/FEB. 1**

**Second Annual Class of 88 Show with Jon Carroll, Deanna Bogart and Bill Starks.** 7:30 p.m. Tickets \$15/advance, \$20/door. At St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville.

**THURSDAY/FEB. 4**

**Slow Blues and Swing Dance.** 9-11:30 p.m. Admission is \$8. Slow Blues lesson from 8:15 to 9 p.m. Dancing from 9-11:30 p.m. With DJ Mike Marcotte and Guests. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org). At the Back Room, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

**FEB. 4-6**

**Musical production. "A Funny Thing Happened on the Way to the Forum."** Showtimes are Feb. 4 at 1:30 p.m., Feb. 5 at 7 p.m. and Feb. 6 at 3 p.m. At The Blair Family Center for the Arts, Bullis School, 10601 Falls Road, Potomac. Visit [www.BullisTickets.com](http://www.BullisTickets.com) or call 301-634-3631.

**FRIDAY/FEB. 5**

**Footworks Percussive Dance Ensemble.** 8 p.m. Tickets: \$20/advance, \$25/door. At the Fitzgerald Theater, Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Call 240-314-8690.

**Contra Dance.** 7:30-11:30 p.m. Admission is \$9. Contra dance lesson from 7:30-8:15 p.m. Called dance to live music from 8:30-11:30 p.m. Featuring Metro Gnomes: Barb Schmid and McGregor Yatsевич on fiddles, Mark Vidor on piano, and Bob Garber on clarinet. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: [fndcontra@yahoo.com](mailto:fndcontra@yahoo.com).

**SATURDAY/FEB. 6**

**Swing Dance.** 8 p.m. to midnight. Admission is \$14. Featuring the 18-piece Blue Moon Big Band. Lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Call 301-340-9732.

**Daddy-Daughter Dance.** 7-9 p.m. Hosted by the Potomac Community Center. Fee of \$20 includes refreshments, DJ music and games. Call the Potomac Community Center 240-777-6960 or stop by the center to pick up a flyer. The Potomac Community Center is located at 11315 Falls Rd., Potomac.

**FINE ARTS**

**NOW THROUGH JAN. 31**

**"Piece by Piece."** With works by Judy Basile, Jennifer Maben Bishop, Gwendolyn Graine, Sherill Gross, Ellen Hill and Irene Sylvester. A Meet the Artists Reception is Sunday, Jan. 10 from 1:30-3:30 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

**JAN. 30-31**

**Group Show - Students of Jordan Bruns**  
The Yellow Barn Studio, Glen Echo Park's resident painting and drawing studio, presents works by students of Jordan Bruns. In the Yellow Barn Gallery. 12 to 5 p.m. Call (301) 371-5593 or visit [www.yellowbarnstudio.com](http://www.yellowbarnstudio.com).

**NOW THROUGH FEB. 3**

**Not Strictly for the Birds.** New works by Patricia Zannie. At Glenview Mansion Gallery Conference Rooms 5 and 6, Rockville Civic Center Park, Edmonston Drive, Rockville. Call 240-463-0203.

**FEB. 3-28**

**Fiber Imagery.** (50 Hook Rugs). Sally D'Alabora, John Flournoy, Carol Koerner, Roslyn Logsdon, and Sarah Province. Meet the Artist's reception is Sunday, Feb. 7 from 1:30-3:30 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

**FEB. 5 - MARCH 14**

**A Collage Exhibit by Chris Lawson and Jared Ragland.** At Photoworks Studio, Glen Echo Park's

resident photography studio and teaching facility, presents "A Collage Exhibit by Chris Lawson and Jared Ragland." Opening reception to be announced. Gallery is open Saturday, 1 - 4 p.m., and Sunday and Monday 1 - 8 p.m., or by appointment. Call 301-634-2274.

**FEB. 5 TO MARCH 27**

**Exhibition: "Points of Departure."** From 752 entries, discover the top winners in VisArts' newest photography exhibition, Points of Departure. Opening reception is Feb. 5 from 6:30-8:30 p.m. VisArts Center's third annual photography exhibition is juried by a panel of Canon's professional photographers, named "Explorers of Light". At VisArts Center 155 Gibbs Street, Rockville.

# Confidence, Leadership Keys to Playing Point Guard

**Whitman's Kahlenberg, Churchill's Eskin excel at stressful position.**

BY JON ROETMAN  
THE ALMANAC

It's early in Friday night's game against Richard Montgomery when Whitman point guard Caroline Kahlenberg fires a cross-court pass to Susan Russell, who finishes with a transition layup. Later, Kahlenberg finds Clara Kelly cutting down the lane for a bucket and a 13-point lead. Finally, with the Vikings attempting to survive a Rockets comeback, Kahlenberg tosses an inbound pass to a streaking Russell, who scores and is fouled.

Kahlenberg, a three-year starter, has been a key part of Whitman's 11-3 start. The left-handed floor general specializes in getting others involved, including eight assists in Friday's win over Richard Montgomery and seven in Monday's victory against Walter Johnson. While Russell carries much of the scoring load for Whitman, Kahlenberg distributes the ball and runs the offense.

Strong point guard play is critical to the success of any basketball team. While there are different ways to play the position, Kahlenberg's pass-first approach suits the Vikings well.

"She came to us with a gift for passing and she's very selfless as a person — team is the most important thing," head coach Pete Kenah said. "I think those are real important traits for a point guard. It seems in today's game the scoring point guard is what's so en vogue. She's more like the throwback, the Bob Cousy, John Stockton [type of player]. ... She'll take shots when she needs to — I'd cer-

tainly like her to shoot more — but her nature is pass first."

Kahlenberg is in her fourth season with the varsity. She was a shooting guard her freshman season before taking over as the starting point guard her sophomore campaign. She played both positions for youth teams, but said she prefers running the point.

"I like to distribute the ball," she said. "I like to communicate with the coach. I like when other people make shots. ... I definitely like to have the ball in my hand. Especially as a senior, I feel confident with it. I feel like I can get it to the open person."

Kahlenberg excels at both ends of the floor — she had seven steals Monday — and is a team captain. While Kenah would like No. 1 to be more aggressive at times from a scoring standpoint, the coach said he's lucky to have such a leader. Kahlenberg has an impact in many facets of the game while spreading the offensive wealth to her teammates.

She is "just so cerebral," Kenah said. "She has an incredibly high basketball IQ. Not only that, but she's a wonderful teammate. Teammates love playing for her. ... I learned with Caroline, she is who she is. She'll never be a 20-point-a-game scorer, but she really fills up the stat sheet. ... I think as a coach you have to appreciate the player and not try to make them someone they're not."

Kahlenberg said experience has her feeling more comfortable on the floor. She also said the closeness of the Vikings helps her succeed as well as enjoy her — and the team's — achievements. Kahlenberg and Russell have



PHOTO BY MIKE SEYMOUR

**Whitman point guard Caroline Kahlenberg is a three-year starter for the Vikings. Head coach Pete Kenah describes the senior as a pass-first player.**

strong chemistry on the court, are friends off of it and will play against one another at the college level next season. Kahlenberg will attend Middlebury College and Russell is headed to Bates College — both members of the New England Small College Athletic Conference.

"I'm definitely more confident dribbling, especially if they're pressuring me," Kahlenberg said. "I would look to get the pressure off me as a sophomore but now I sort of enjoy going one-on-one against a person. I think I know more about the game now. As a sophomore, I looked more to Kenah to call the plays but now I like to discuss [situations]. ... I think one of the big things about being point guard is having good players to pass to. For me it's really impor-

tant to have a really close team because then you feel good when you pass to someone and you feel good when they [score]. If someone is a huge ball hog or not nice off the court, it's more difficult to be happy when you pass to them [for a] score, so it's really good to have an off-the-court relationship with them as well."

## Carrying the Scoring Load

While Kahlenberg's pass-first approach works well for the Vikings, Churchill point guard Jake Eskin carries more of his team's scoring load. The senior is averaging nearly 18 points per game for the inexperienced and offensively challenged Bulldogs. No

other Churchill player is averaging double figures.

But Eskin wasn't always a scoring threat. Prior to his senior season, Eskin played at Northwest High School, where he said his career high was six points. Growing up, Eskin possessed a mentality similar to that of Kahlenberg.

"When I was real young, and still to this day, I used to always like passing a lot," he said. "I was the passer, I never really shot the ball until this year. ... If you can dribble the ball a little bit and you can pass, you're the point guard. It's kind of become a natural thing for me. ... I'm a natural passing, distributing point guard, but sometimes you've got to step up and you've got to see what your team gives you and what you have to

SEE PLAYING, PAGE 11

## SPORTS BRIEFS

### Churchill Boys, Girls Lose to Northwest

The Churchill boys and girls basketball teams lost to Northwest in a double-header at Churchill on Monday. The boys lost 66-44 and the girls lost 64-56.

The boys fell to 6-8. Jake Eskin led the way with 15 points and Jesse Simon added 10. The girls fell to 11-4. Ashley Nelson scored 17 points and Leeda Jewayni and Sarafina Arthur-Williams each had nine.

The "girls played hard, just really wasn't our night," Churchill girls coach

Kate McMahon said in a text message. "Shooting selection was good, but we couldn't get much to fall in the first half."

The boys, who beat Clarksburg 69-60 on Friday, travel to face Bethesda-Chevy Chase at 5:15 p.m. today. The girls, who beat Clarksburg 60-49 on Friday, travel to face BCC at 7 p.m. today.

### Whitman Girls Win a Pair

The Whitman girls basketball team defeated Walter Johnson 51-36 on Monday and Richard Montgomery 56-45 on Friday.

Caroline Kahlenberg scored 11 points, dished seven assists and had seven steals against Walter Johnson. Whitney Kolakowski had 10 points and 13 rebounds and Susan Russell added 10 points. Russell scored 20 points against Richard Montgomery. The Vikings (11-3) travel to face Wootton at 7 p.m. today.

### Georgetown Baseball Dinner

Hoyas Unlimited has announced this year's guest for the Sixth Annual Diamond Club First Pitch Dinner benefiting

Georgetown baseball. Olympic hero and goaltender on the 1980 U.S. Hockey Team Jim Craig will be this year's keynote speaker. The First Pitch Dinner will take place at 7 p.m. on Saturday in the Leavey Center Ballroom on the campus of Georgetown University.

The fund-raising dinner will also feature a silent auction that will include vacation getaways and Major League Baseball tickets. For more information, please call Hoyas Unlimited at 202-687-7159 or visit [www.guhoyas.com](http://www.guhoyas.com).

# Cancer Can, Or It Can't (Me, Too)



By KENNETH B. LOURIE

I can mostly handle this cancer stuff. However, there is one area I can't totally manage – emotions. Specifically when certain things – physical, mental, spiritual – happen. I never know if what I'm feeling is attributable to the cancer, and thus worthy of a phone call/email to my study nurse and/or oncologist, or more a function of simply being who I am, independent of the cancer business; meaning a middle-aged, slightly overweight ("Slightly?" Be quiet, Dina.), out-of-shape, -collar worker bee. I don't want to overreact to symptoms, nor do I want to be stubborn and stupid and underreact either. For all I know (and it's not really very much), whatever I'm feeling might actually matter, or it might not. Ergo the problem.

It's hard, make that impossible (for me anyway) to separate fact from fiction, cancer-related from normal wear and tear, the beginning of the end from the end of the beginning. I am encouraged by the medical staff to call with any concerns (real or imagined) that I may have. Still, when I called last week to report a non-stop runny nose that required constant blowing and tissue use (which ultimately lead to a very chapped and sore nose, inside and out) I felt funny. Here I have stage IV lung cancer and I'm worried about a runny nose. Even the description "runny nose" sounds insignificant and not nearly as serious many of the other symptoms familiar to cancer patients: nausea, vomiting, diarrhea, loss of sleep, loss of appetite, weight loss, nose bleeds, tingling and loss of use/control of your extremities and so forth that might warrant a cancer-call. Runny nose! What am I going to call about next? A skinned knee? A boo-boo on my buttock? A pimple on my poopik? Finding that line between compulsively obsessing over my symptoms to accepting what's happening to me as normal, given my age (and thus not particularly worthy of cancer-induced worry/anxiety/fear/depression) has been most difficult for me.

This difficulty has manifested itself because my coping mechanism diagnosis-to-date, has been not to consume myself (or try not to) with everything that is happening to me medically (or could be in the future). That's not to say that I'm ignoring what's occasionally been happening, but more so attempting to keep it in perspective/context: try not to overreact to the things (side effects, symptoms, deficiencies), that typically happen to cancer/chemo patients and conversely, try to react positively to the things that don't happen. My concern is that I'm taking too much in stride, attributing too much of what cancer stuff I think I feel to the inevitability of the underlying health situation in which I find myself immersed (and thus not unique or worth mentioning) and instead go with the proverbial flow and not fight this rising tide.

I don't want to be swept away and drowned by these waves of emotion and end up in a sea of non-tranquility. Somehow I need to, as Katie Winter of Secret Deodorant marketing fame once made famous, "Keep myself cool, calm and collected." I don't imagine that being in denial would help, but neither do I think proactively pursuing pathology reports (as but one example of the endless amount of information available from your health care provider) would provide the solace and balance I seek. I am open to suggestion.

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

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# Keys To Playing Point Guard

FROM PAGE 9

do to win.”

Eskin transferred to Churchill prior to the 2009-10 campaign. He credits hard work in the offseason for allowing him to become the top scoring threat for a Churchill program which graduated much of its talent from the 2008-09 season.

“The last few years I’ve played with very minimal confidence,” Eskin said. I’ve been kind of shaky on the court. ... [I was] too afraid to shoot, not making the right play because I was nervous. But now I’ve kind of come into my own game.”

Head coach Matt Miller said Eskin is at his best when he attacks the basket and uses a second move to score inside. No. 10 also has a soft touch from the perimeter.

“In Jake’s scenario, he does a nice job attacking while keeping floor vision,” Miller said. “He knows exactly when and where to [pass the ball]. ... We tell Jake, always attack. ... We’re trying to develop our guys into player that are able to stay aggressive while playing smart.”

While Eskin is the Bulldogs’ answer at point guard this season, Miller is grooming sophomore Christian Bonaparte as his floor leader of the future. Bonaparte is new to the position, having played shooting guard in the past. But Miller said Bonaparte’s improving ball-handling and defensive abilities make him a potential standout at the position. Plus, Miller said, working with Eskin in practice has improved Bonaparte’s game.

“If he develops at the rate he did this past year [during the next two years],” Miller said of Bonaparte, “... I think he can be a very, very good point guard by his senior year. We’re hoping he’s ready by next year, as well.”

Eskin said hard work will help Bonaparte down the road.

“He’s grown probably more than anyone on this basketball team this whole year,” Eskin said. When I first saw him I was like, “This kid is going to play JV.” But now he’s come into playing the last five minutes of the fourth quarter almost every game because we need him on defense, we need him to handle the basketball.”

Bonaparte said he enjoys the feeling of distributing the ball to his teammates, but added the transition to point guard has been “pretty tough” and is “a lot of pressure.” Eskin said the best way for a point guard to deal with pressure is to have a short memory.

“We’re handling the ball 90 percent of the basketball game, so if we make a turnover that’s just got to get out of your head right then and there,” Eskin said. “I used to think about all these turnovers ... I can’t do that anymore. I was thinking about turnovers too much instead of my whole entire game. I’ve just got to move on to the next play.”

Dr. Keith Kaufman, a Washington, D.C. therapist specializing in sports psychology, said it is important for a point guard to main-



PHOTO BY HARVEY LEVINE/THE ALMANAC

**Senior point guard Jake Eskin developed into a scoring threat after transferring from Northwest to Churchill prior to the 2009-10 season.**

tain balance in his or her approach.

A point guard should “be decisive and confident but at the same time be balanced and incorporate as many facets as possible,” Kaufman said. “... Basketball players like to get really fired up but they need to make sure they’re not too fired up so they’re making good decisions and thinking clearly. ... [A point guard should] express confidence and decisiveness but at the same time survey the opinions of teammates. ... If you have a point guard who isn’t buying into what the rest of the team is doing that can create a lot of problems.”

To have an item listed mail to [almanac@connectionnewspapers.com](mailto:almanac@connectionnewspapers.com). Deadline is Thursday at noon for the following week’s paper. Call 703-778-9412

**Fifteen Montgomery County Public Schools students** are semifinalists in the 2010 Intel Science Talent Search, one of the nation’s most rigorous and prestigious science competitions for high school students.

MCPS has 15 of Maryland’s 20 semifinalists in the competition, which is administered by the Society for Science & the Public, a nonprofit organization dedicated to public engagement in scientific research and education. MCPS is tied with the New York City Department of Education for the school district having the largest number of semifinalists in the nation.

Twelve of the semifinalists this year attend Montgomery Blair High School, making it the school with the second-highest number of semifinalists nationwide. Walt Whitman, Thomas S. Wootton, and Richard Montgomery high schools each have one semifinalist.

Each of the 300 students who were named semifinalists will receive a \$1,000 award for their outstanding research. Additionally, every school will receive a \$1,000 award for each semifinalist named, which is to be used to further excellence in science, math, and engineering education.

Finalists in the competition will be named Jan. 27. They will attend the Science Talent Institute in Washington, D.C., in March, where they will participate in a final judging process and compete for a top scholarship award of \$100,000.

#### MCPS SEMIFINALISTS:

♦ Montgomery Blair High School — **Michael Benjamin Cohen, Pin-Joe Ko, Yifan Li, Haozhi Lin, Li Ma, Nils Federico Molina, Kamal Kuango Ndousse, Rohan Puttagunta, Kristen Knutsen Rosano, Benjamin Louis Shaya, Conway Xu, and Xinyi Yedda Zhou.**

♦ Richard Montgomery High School — **Jiayi Nathaniel Yang.**

♦ Walt Whitman High School - **Kettner John Frederick Griswold**

♦ Thomas S. Wootton High School — **Ilya Dmitrievich Papatsenko**

**Derek Chiu of North Potomac** made the dean’s list for the fall 2009 at the Georgia Institute of Technology. Undergraduate students earning a 3.00 or higher academic average for the semester gain the distinction of being named to the Dean’s List at Georgia Tech.

**Arielle Schilit of North Potomac** was named to the dean’s list for the fall semester at Tufts University. Dean’s List honors at Tufts University require a semester grade point average of 3.4 or greater.

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## News

### Two Nonprofits Collaborate on Grocery Giveaway

Potomac resident Julie Donatelli, inspired by an October article in the Almanac on the nonprofit A Wider Circle, phoned A Wider Circle to donate a trundle bed, always a much needed item on their wish list. Upon doing so, she mentioned that she was the executive director of the nonprofit organization, Victory Youth Centers, Inc. and offered A Wider Circle the use of their recreational youth centers to distribute food and self care items to families in need.

Operation Emergency Grocery Giveaway was held Dec. 23, 2009 in the parking lot of Victory Youth Centers, Inc.’s Mary Virginia Merrick Center in Southeast Washington, D.C. More than 3,000 pounds of non-perishable food and warm

accessories (e.g., blankets, gloves, scarves and hats) were distributed in 45 minutes. Volunteers from A Wider Circle and VYC passed out bags to more than 200 families, helping to ensure that more bellies would be full and more bodies would be warm this holiday season.

To learn more about Victory Youth Centers, Inc., 10415 Armory Avenue, Kensington, MD 20895 contact Julie Donatelli, executive director, at 301-908-1072 or [jdonatelli2@verizon.net](mailto:jdonatelli2@verizon.net). VYC centers are located in Darnestown, Md. and Southeast Washington, DC. To learn more about A Wider Circle, contact Dr. Mark Bergel, founder and executive director, at 301-675-7511 or [mark@awidercircle.org](mailto:mark@awidercircle.org). Its Center for Community Service is located at 9159-C Brookville Road in Silver Spring.



**Julie Donatelli, executive director, Victory Youth Centers, Inc., with Muhammad Merrick, Mary Virginia Merrick Center coordinator.**

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