

Potomac ALMANAC

'Tis the Season

Park Ranger Mark Myers helps members of the Little Farms Garden Club of Potomac decorate the Great Falls Tavern Monday, Dec. 13.

Perusing Potomac Village

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Calm after The Holidays

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Churchill Beats Watkins Mill, Improves to 2-0

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HOLIDAY GIFT GUIDE

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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Patti Lennon displays custom wreaths at Behnke Nursery.



Variety of exercise and street wear is featured at Potomac Pilates.



Girl toys featured at Unique Toys.

Hop into Potomac Village for Variety of Gifts

Just minutes from home.

BY SUSAN BELFORD
THE ALMANAC

Looking for an unusual gift that perfectly suits your family or friend? Tired of boring shopping center presents — items that you see in every store in the mall? Sick of searching for creative hostess, birthday or holiday gifts for the person or family that has everything?

Look no further than Potomac Village — home to delightful shops where unique is the standard. Potomac stores are not crowded and offer plenty of free parking. What a pleasure to drive five or ten minutes and have all your holiday needs fulfilled. The personnel in these shops have a bounty of ideas for presents that will enchant.

Here are some fun ideas for exceptional gifts for everyone:

The Village Eye Center carries a multitude of sunglasses, frames and fun cases to carry your glasses. Eye wear is from designers such as Chanel, Barton Perreira and Oliver Peoples. This store also carries a selection of frames from manufacturers such as Nike, Kate Spade and Donna Karan. Opticians Mikki Freidkin and Pam Crupi and



Toys for boys from Unique Toys.



Find a puppet friend from Full of Beans.



Treasure boxes are featured at Colonial Opticians.

optometrist Will McConarty provides service and fitting. The Village Eye Center also carries over 2,000 high-end designer frames from last year which are discounted by 75 percent.

Need toys for your children or gifts for birthdays and holidays? **Unique Toys** is crammed with toys and games. Owner Jarunee Chantraparnik knows her merchandise — and will personally help customers select the perfect toy. Suggestions for girls include beautiful clothes and accessories which fit American Girl dolls, Calico Critters,

SEE HOLIDAY, PAGE 12



Bikes for every member of the family at Big Wheel Bikes.

Two Whitman High Students Arrested for Stun Gun

The Montgomery County Police 2nd District School Resource Officer has arrested two students for possessing a stun gun at Walt Whitman High School.

On Friday, Dec. 10 at approximately 10:42 a.m., school security officials from Whitman High School notified the 2nd District School Resource Officer, who was at the school, of two students possibly being in possession of a stun gun — an electroshock weapon.

The preliminary investigation determined that a 14-year-old male student brought a stun gun to school and gave it to another 14-year-old male student. School security officials and the 2nd District School Resource Officer located the two students and recovered the stun gun.

The students were placed under arrest and taken to the 2nd District station where they were charged, as juveniles, with possession of a dangerous weapon on school grounds. They were then released to the custody of their parents.

During the course of this incident, neither school officials nor officers from the Montgomery County Police received any reports of injuries from other Whitman students or faculty members.

Holiday Schedule for Trash/ Recycling Collections

With the approach of another holiday season, the County Department of Environmental Protection's Division of Solid Waste Services (DSWS) reminds residents who receive County-provided pickup of trash and recycling that there will be no change in their collection days on the Christmas and New Year's holidays, since both fall on Saturdays.

If a holiday falls on a weekday — Monday through Friday — all collections scheduled on or after the holiday will be made one day later that week. For example, in 2011, on Dr. Martin Luther King, Jr.'s Birthday holiday, Monday, Jan. 17, collections will slide one day later, with final collections on Saturday.

When the actual holiday falls on either Saturday or Sunday, the collection schedule is unchanged (no slide) even though the County would be closed for the holiday on Friday or Monday.

Residents are also reminded that all items to be collected must be at the curb by 7 a.m. on collection day.

Local Paving Update

As road paving season ends with the start of cold weather, the Montgomery County Division of Highway Services (DHS) is winding down its resurfacing activities, but is still finishing several projects in Potomac. Highway services is still working on repair and resurfacing of Democracy Lane between Seven Locks Road and Falls Road. DHS is also completing patching and resurfacing of neighborhood roads in Potomac Falls/Great Falls Estates, which should be completed by December.

For more information on these and other road maintenance projects, visit www.montgomerycountymd.gov/hwytmpl.asp, or call 311.

Snow Ready?

To help prepare for winter, the Montgomery County Department of Transportation's (MCDOT) Division of Highway Services held its annual Storm Summit on Nov. 4. County Executive Isiah Leggett kicked off the event that brings together County crews and contractors to review the latest improved snow removal strategies. Highway Services partners with private contractors to supplement the County's snow removal resources when needed. During the February blizzards, nearly 1,000 pieces of contractor equipment were used.

The day before the summit, snow plow operators held a practice drill by simulating a six-inch snow storm. The "mock" snow storm gave staff the opportunity to run their plow routes, test equipment and procedures, and familiarize new drivers with their routes.

Having experienced more than 100 inches of snow and ice last season, MCDOT is prepared for this winter. A key to MCDOT's readiness is the Storm Operation Center, where staff manages clean-up operations using state-of-the-art technology to monitor conditions and target resources.

When a snow storm hits, residents can access storm information on the County's website or by calling 311.

NEWS

Calm after the Holidays

Yoga studio offers "physical, emotional and spiritual camaraderie."

BY COLLEEN HEALY
THE ALMANAC

After all the sweets, treats, hustle and bustle of the holiday season, Potomac residents may seek calm and a way to shed the extra pounds. A new addition in the Village may be the just place to start some New Year's resolutions. This past July, owner and instructor Freddy Margolis opened Village Yoga. Born in Maryland and raised in Potomac, Margolis began his journey into yoga six years ago, seeking physical fitness and relief from back pain following 20 years of weight lifting and competitive sports. Four years later, he left his career as a builder to do yoga full time because of the profound emotional and spiritual transformation he discovered.

He wants to offer that same transformation to people of all ages and levels, both men and women, encouraging his students in an intimate, inviting and accepting environment against a soundtrack of yoga music interspersed with his favorites of classic rock, Reggae, and folk music.

"My goal is to build a yoga community in a comfortable surrounding where people can find physical, emotional and spiritual camaraderie," said Margolis. "A great yoga session can provide all that, taking your body to where it needs to be." He added, "The music, too, is an important element of the workout. It can be simultaneously powerful, comforting and inspiring."

Margolis feels "the attraction of yoga is that it is low impact and you use your own body and do natural movements. There is a childlike mentality to the poses. It is things like handstands, cartwheels, summersaults, and bridges that you would have done as a child. It is not as scary as big gym machines that you may not know how to use correctly. Yoga is so old and been around for so long that people have a comfort level with it. Now you hear a lot of stars do yoga and they look really fit. You will not find back pain, ligament or joint pains with yoga."

The practice of yoga dates back 5,000 years as indicated by archeological artifacts of yoga poses from 3,000 BC. Evidence of yoga can also be found as far back as ancient Shamanism as part of its healing rituals, and today's science shows that yoga is the form of exercise most associated with improved mood and decreased anxiety. Some current studies have linked this ancient practice to increased levels of GABA, a calming neurotransmitter in the brain.

As for his teaching philosophy Margolis says,

PET 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, call 301-572-4729 or write to PAW, P.O. Box 1074, Greenbelt, MD 20768.

CLEO (Dog)- 2 years, 93 lbs., spayed, Malamute mix. Cleo is a big girl with a big personality. She has a sweet disposition but could use a bit of gentle training so this large, fun girl is on the same page as her person. Cleo would love a large dog experienced adopter to be her permanent person & provider of a loving home.



PHOTO COURTESY OF VILLAGE YOGA

Freddy Margolis instructs student Anne Samit on the correct yoga pose called "pincha mayurasana."

"Each teacher has their own style, but we want our studio to be as accessible as possible. We want our students to be able to ask questions during class. We want a community feeling and try to keep it really simple. Our smaller classes help to accelerate the learning curve. We provide hands-on teaching and help you to learn the correct poses. We want to build a community of yogis in a comfortable environment where our students can make progress. Our classes are inviting and warm. We want people to come and laugh, smile and have fun. It is a nice group of people. In my classes, students connect with me, with each other and, ultimately, with themselves."

Village Yoga is the first yoga studio of its kind in Potomac and is located in Potomac Village at the corner of River and Falls Roads next to the PNC Bank and Sprinkles at 10154 River Road. The studio offers 34 classes from 6 a.m. to 7:30 p.m. throughout the week. Individual and family packages are available, as is private instruction. Children's classes will be offered with a focus on storytelling to learn yoga. In addition, there are holiday and New Year's specials.

For a schedule of classes and more information, visit www.riverfallsyoga.com or call 301-299-1948.



NEWS



Gen. W.W. Hartzog

School Welcomes Four-Star General

The Fourth Presbyterian School was honored to welcome four-star Gen. W.W. Hartzog as a special guest speaker at its school-wide Veterans' Day morning assembly. There are only 214 four-star generals in the history of the United States Army. Students, faculty, staff, and parents listened as Hartzog

spoke about the character traits necessary to succeed in any area of life. Hartzog is a Potomac native and currently resides there with his wife, Bobbe. The Hartzogs' daughter, Robyn Norris, teaches fifth grade at The Fourth School and their granddaughter is a student in the third grade there as well.

CRIME REPORT

The following was reported by the Montgomery County Police:

❖ A residential burglary occurred on Wednesday, Nov. 17 at 4:29 a.m. in the 11700 block of Lake Potomac Drive, Potomac. No forced entry; property was taken. The suspect was arrested.

❖ A theft from vehicle occurred in the 13300 block of Drews Lane, Potomac, between 3 p.m. Monday, Nov. 15 and 5:45 a.m. Tuesday, Nov. 16. A rifle was taken from an unlocked vehicle.

❖ A residential robbery occurred in the 11700 block of Devilwood Court, Potomac on Monday, Nov. 22 at 1:30 p.m. The suspect is known to the victim.

❖ An attempted vehicle theft occurred at the Homestead Suites, 14975 Shady Grove Road, Rockville on Wednesday Nov. 24. Arrested: Male, 28 yrs. old, from Potomac; Vehicle: '09 Honda Accord.

❖ An attempted garage burglary occurred in the 10300 block of Gary Road, Potomac on Wednesday, Nov. 24 between 10:15 a.m. and 10:30 a.m.

❖ A residential burglary occurred in the 14000 block of Saddle River Drive, Potomac on Tuesday, Nov. 23 between 6:30 a.m. and 6:30 p.m. Unknown means of entry; property taken.

❖ An attempted theft from a vehicle occurred in the 7800 block of Muirfield Court, Potomac just past midnight on the morning of Saturday, Nov. 27. Entry was not made.

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SCHOOLS



Operation Christmas Child

For the past three years, The Fourth Presbyterian School has participated in Operation Christmas Child (OCC), a part of Samaritan's Purse, the international outreach organization founded by Franklin Graham. Shoeboxes are packed with presents to send to children around the world. Fourth Presbyterian School students, from the Middle School down to the Pre-K class, have collected and donated over 300 gift-filled boxes during its time of involvement and this year, OCC will deliver over 8 million boxes globally.



Collecting Food for Homeless

Ella Sullivan, a sixth grader at The Connelly School of the Holy Child in Potomac, is one of seven members of the Holy Child Middle School Student Council who organized a Thanksgiving food drive for the McKenna Center in Washington, D.C., a homeless shelter. The food drive produced over 50 bags of food for Thanksgiving dinners for more than 30 families.



Moroccan Visitors

Members of the St. Andrew's Girls Varsity Soccer Team of Potomac joined visiting female soccer players and coaches from Morocco before a friendly scrimmage in September, on Brumbaugh Field, at St. Andrew's Postoak Campus, Potomac. The Moroccan delegation was visiting the United States as part of a 10-day coaches program to learn from and interact with American players.

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NOW THROUGH JAN. 1

Festival of Lights. Free.

Nightly indoor concerts at 7 p.m. and 8 p.m. They include Sandra Turley, the Harbor City Music Company Show Chorus and the McDonough High School Chamber Choir: "The Madrigal Lords and Ladies." Bell choirs, flute ensembles, vocal choirs, dance troupes and other forms of holiday entertainment will be presented in the Temple Visitors' Center's theater. Open daily until 10 p.m. Lights illuminated at dusk with nightly performances at 7 p.m. and 8 p.m. At the Washington D.C. Temple Visitors' Center at The Church of Jesus Christ of Latter-day Saints, Temple Grounds, 9900 Stonybrook Dr. Kensington. Visit www.dctemplelights.lds.org.

NOW THROUGH DEC. 20.

Holiday Food Collection. To benefit the Manna Food Center, a nonprofit food bank providing food to low-income households, food pantries, soup kitchens, group homes, and schools in Montgomery County. Bring non-perishable food to participating stores: Safeway, Chicken Out and PNC Bank, River and Falls Road in Potomac. Visit www.mannafood.org

NOW THROUGH DEC. 30

International Exhibition of Fine Art in Miniature. Free. Gallery hours are Monday, Tuesday, Thursday and Friday 10 a.m. to 4 p.m.; Wednesday 10 a.m. to 9 p.m. and Saturday 10 a.m. to 3 p.m. For more information call 301-581-5200 or visit www.strathmore.org.

Michael Bignell & Mikhail Kononov. Free. Explore Bignell's works in acrylic and Kononov's works in oil. Gallery hours are Monday, Tuesday, Thursday, and Friday 10 a.m. to 4 p.m.; Wednesday 10 a.m. to 9 p.m. and Saturday 10 a.m. to 3 p.m. For more information call 301-581-5200 or visit www.strathmore.org.

NOW THROUGH JAN. 9

Junie B. in Jingle Bells, Batman Smells! Saturdays and Sundays at 1:30 and 4 p.m. Some Saturday 11 a.m. performances. Single ticket prices range from \$10-\$22, with group rates available. It's holiday time in Room One and that means drama! Tattletale May keeps picking on Junie B., and things get even worse when Junie B. draws May's name for Secret Santa. She hatches a plan to give May a lump of coal, while getting an awesome Squeeze-A-Burp for herself. Will Junie B. have a last-minute change of heart and show her true holiday spirit? Just like its heroine, the show has laughs, verve and energy to spare! At Imagination Stage 4908 Auburn Ave., Bethesda. Imagination Stage offers discount ticket packages with benefits that emphasize the flexibility that parents and grandparents value, as well as significant savings. Details are on the website, www.imaginationstage.org.

NOW THROUGH JAN. 9

Holiday Art Show and Sale. Saturdays and Sundays, 11 a.m. to 6 p.m. The exhibition will feature works by resident artists, instructors and invited artists and will include glass, ceramics, jewelry, photography, painting, and more. In the Popcorn Gallery of Glen Echo Park. Call 301-634-2222 or visit glenechopark.org.

NOW THROUGH JAN. 1

Winter Lights Festival. A 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 350 illuminated displays. (Closed Mondays and Dec. 24). Proceeds from the Festival benefit local charities. Call 301-258-6350 or visit www.gaitersburgmd.gov.

THURSDAY, DEC. 16

Open Rehearsals. 2 to 3:30 p.m. Free. Encore Choral for singers 55-plus. Calling all former high school and college choristers, church, synagogue and community choral singers. Be a part of the Encore Chorale conducted by Jeanne Kelly, past conductor of the United States Naval Academy Women's Glee Club, Georgetown University Concert Choir and Senior Singers' Chorales of the Levine School of Music. Encore Choral of Washington Conservatory of Music at Glen Echo Park. At the South Arcade, 7300 MacArthur Blvd., Bethesda. Call Jeanne Kelly at 301-261-5747 or email Jeanne.kelly@encorecreativity.org.

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is



Joe Jencks

TUESDAY/DEC. 14

Joe Jencks and Gathering Time. 8 p.m. Tickets are \$18 at the door, \$15 in advance at FocusMusic.org. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive, Rockville. Contact David Spitzer at focusrockville@earthlink.net or 301-275-7459.

Barracough calls to the Morrison Brothers with Jim Morrison on fiddle, Owen Morrison on guitars, and Will Morrison on percussion. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Email: fndcontra@yahoo.com

SATURDAY/DEC. 18

Swing Dance. 8 p.m. to midnight. Cost is \$15. With the Tom Cunningham Orchestra. Beginning swing lesson at 8 p.m. is followed by the band from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit tomcunningham.com.

SUNDAY/DEC. 19

Winter Concert. 3 p.m. Rockville Concert Band performs at F. Scott Fitzgerald Theatre, 603 Edmonston Drive. \$5 donation.

Holiday Concert. 7:30 p.m. Rockville Chorus performs at F. Scott Fitzgerald Theatre, 603 Edmonston Drive. \$5 donation.

Chevy Chase Christmas Concert. 4 p.m. Free. The annual tradition of the singing and ringing choirs of Chevy Chase Presbyterian Church is sure to enhance your Christmas spirit with a candlelight processional as well as presentations by each of the choirs and audience carol singing. At the Chevy Chase Presbyterian Church, One Chevy Chase Circle, NW, Washington, D.C. Call 202-363-2202.

Contra and Square Dance. 7 to 10:30 p.m. Cost is \$12/nonmembers; \$9 FSGW 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 is at 7 p.m., followed by dances with the Morrison Brothers from 7:30 to 10:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Contact: fsgw.org

Waltz Dance. 3:30 to 6 p.m. Admission is \$10. Introductory waltz workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. With the band Terpsichore, which will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische, Swing, Tango, and Polka. At the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

MONDAY/DEC. 20

Day @ the Ring. 10:30 a.m. to 2 p.m. Featuring seated exercise, a three-course hot lunch and live music by classical guitarist Charles Mokotoff. Ring House, 1801 E. Jefferson St., Rockville. Lunch \$5. Transportation from selected sites \$5.

TUESDAY/DEC. 21

A Candlelight Christmas. 7:30 p.m. With the splendor of brass, organ, percussion, and the 200-voice Washington Chorus, this beloved holiday event features Christmas classics, sing-alongs, and the glorious candlelight processional. Music Director Julian Wachner. Tickets are \$15. At the Music Center at Strathmore. Pick your seats online: www.thewashingtonchorus.org

THURSDAY, DEC. 23

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. Slow blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. With DJ Mike Marcotte and guests. At the Back Room of Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

SUNDAY/DEC. 26

Contra and Square Dance. 7 to 10:30 p.m. Admission is \$12/nonmembers; \$9/FSGW members. The evening can include square dances, mixers, waltzes and other couple dances. There is a lesson is at 7 p.m., followed by dances with live music from 7:30 to 10:30 p.m. In the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Contact: fsgw.org.

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FINE ARTS



JAN. 4 THROUGH FEB. 21

“Brush, Stone and Wood.” Free. An exhibit by artists David Firestone, Carolyn Thorington, and Phil Brown. Artists’ reception Sunday, Jan. 9 from 1 to 3 p.m. At Gallery Har Shalom, 11510 Falls Road, Potomac. Call 301-299-7087.

NOW THROUGH DEC. 19

Annual Members Show. Saturday and Sunday, 12 to 5 p.m. The Yellow Barn Studio, Glen Echo Park’s resident painting and drawing studio, presents its 16th annual juried Friends of the Yellow Barn Members Show. Call 301-371-5593, or visit yellowbarnstudio.com.

NOW THROUGH DEC. 20

“Fabric: On and Off the Wall.” An exhibit by Bethesda artist Dominie Nash and Alexandria artist Anne Buchal. At Gallery Har Shalom, 11510 Falls Road, Potomac. Call 301-299-7087.

NOW THROUGH DEC. 28

“The Nature of Things.” Contemporary works by Nebiur Arellano, Anita Bretzfeld, Jo Fleming, Mina Oka Hanig, Geri Smith, and Novie Trump. At the Dennis and Phillip Ratner Museum,

10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

NOW THROUGH DEC. 31

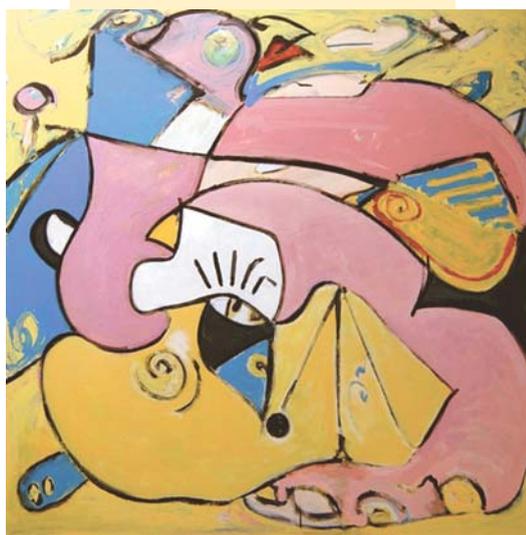
Holiday Show. Featuring pottery, jewelry, wearable art, paintings, prints, and photos—small and large, sculpture and mobiles. The Gallery will be filled with beautiful works of original design that make great holiday gifts. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Contact Jean Hirons jeanhirons@comcast.net or call 301-340-3198. Visit www.waverlystreetgallery.com

JAN. 2 THROUGH JAN. 30

Slices of Life. A Meet-the-Artists reception is Sunday, Jan. 9 from 1:30 to 3:30 p.m. Artists will include: Jerry Berry, Lucy Blankstein, Chuck Bress, Zandra Chestnut, Keith Egli, Nicholas Fan, Lee Goodwin, Michael Oberman, Arlene Polangin, and Jerry Weinstein. At the Dennis & Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

NOW THROUGH JAN. 9

Holiday Art Show and Sale. Saturdays and Sundays, 11 a.m. to 6 p.m. Browse and buy fine artworks at Glen Echo Park’s annual Holiday Art Show and Sale, presented by the Glen Echo Park Partnership for Arts and Culture. The exhibition will feature works by resident artists, instructors and invited artists and will include glass, ceramics, jewelry, photographs, paintings, and more. In the Popcorn Gallery. Additional holiday hours on weekdays and weekends will be posted at www.glenechopark.org. The Art Show will be open for the Winter’s Eve event on Saturday, Dec. 11 from 6 to 9 p.m. Call 301-634-2222 or visit glenechopark.org.



JAN. 4 THROUGH FEB. 5

Artist Eric Harley Schweitzer. Artist’s reception is Friday, Jan. 14 from 6 to 9 p.m. Paintings and works on paper and new work by gallery artists. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441. Gallery Hours: Tuesday - Saturday 12 - 6 p.m. Visit waverlystreetgallery.com.

NOW THROUGH FEB. 8

Painting with Fire. The Unique Art of Peter Kephart. Artist’s reception is Wednesday, Dec. 8 from 6 to 8 p.m. In Zenith’s Gallery, Chevy Chase Pavilion, Gallery on level 2 next to Embassy Suites Hotel. www.zenithgallery.com

NOW THROUGH JAN. 24

Janet Matthews and Bert Shankman. Photoworks, Glen Echo Park’s resident photography studio and teaching facility, presents works by Janet Matthews and Bert Shankman. Open Saturdays, 1 p.m. to 4 p.m., and Sundays and Mondays, 1 p.m. to 8 p.m. Call 301-634-2274 or visit glenechophotoworks.org.

THEATER

NOW THROUGH DEC. 29

“Nutcracker Fantasy.” 10 a.m. Presented by The Puppet Co. Playhouse. The audience will travel through the Kingdom of Snow, the Kingdom of Flowers, the Kingdom of Sweets and the Kingdom of Far Away Places. “Tiny Tots @ 10” is designed for young children ages 0-4. Ticket: \$5 adults and children. Email: c.piper@thepuppetco.org or visit www.thepuppetco.org. For reservations, call 301-634-5380.

- ❖ Dec. 15 – “Nutcracker Fantasy” – Wednesday, 10 & 11:30 a.m.
- ❖ Dec. 18 – “Nutcracker Fantasy” – Saturday, 10 a.m.
- ❖ Dec. 19 – “Nutcracker Fantasy” – Sunday, 10 a.m.
- ❖ Dec. 26 – “Nutcracker Fantasy” – Sunday, 10 a.m.
- ❖ Dec. 29 – “Nutcracker Fantasy” – Wednesday, 10 a.m.

NOW THROUGH JAN. 2

Rudolph the Red-Nosed Reindeer.

Experience the timeless tale of Rudolph and friends- LIVE! The beloved stop-motion classic soars from the TV screen to the stage in this live-action world premiere. Performances on Saturdays and Sundays, 11 a.m. and 2 p.m. Additional performances are listed at adventuretheatre.org. Tickets \$15, general admission. Call 301-634-2270 or visit: adventuretheatre.org. At Adventure Theatre, 7300 MacArthur Blvd, Glen Echo.

Adventure Theatre continues its literary series with seven popular children’s book adaptations. Experience the journey from reading the books at home to seeing the plays unfold before your eyes. Book Club performances are always on **Sundays at 1:30 p.m.** at the theatre in Glen Echo Park. \$10/family. Call 301-634-2270 or visit www.adventuretheatre.org.



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On the Market



Potomac Fox Hills – Fantastic Home

This beautiful colonial has newly renovated kitchen with bay window and new baths. Upstairs everything is new. This home also has three new beautiful additions, which includes a library. A Must See, with four bedrooms and three baths upstairs, which includes a fabulous Master suite and huge Master bathroom with whirlpool tub, separate shower and dual vanities. There is another bedroom suite with large bath. This home has storage galore and recessed lighting. All systems are recent. 11016 Old Coach Road, Potomac, MD 20854

**For more information contact Barbara Small,
Long & Foster Realtors/Potomac/Cabin John Office,
Office: 301-469-4700, Cell (301) 325-7508,
bpsmall1@yahoo.com.**

This home is priced at \$869,000.

A True Bethesda Gem

Located on almost one acre, this beautiful colonial was completely renovated in 2008 and offers all the finest in modern amenities. The main level features a living room with fireplace, eat-in kitchen and breakfast room that open to the family room, separate dining room, powder room and home office. Upstairs are the master bedroom suite, two additional bedrooms, a playroom/bonus room and second bathroom. The lower level offers a large recreation room with wet bar, exercise/crafts room, laundry and full bathroom. The professionally landscaped lot is located in the highly regarded Whitman school district. 9019 Burdette Road, Bethesda, MD 20817



**For additional information, contact Ruffin Maddox, 301-922-4443,
ruffin.maddox@wfp.com, Washington Fine Properties Potomac Village
301-983-6400, www.wfp.com.
Offered at \$1,695,000.**

Beauty at it's Best

Bright and open Stanley Martin 5 bedroom 3.5 bathroom colonial in the King Farm community. Lovely table size kitchen and cozy extra large family room with gas fireplace and palladium window. Brand new hardwood floor on the main level.



Separate in-law/au pair suite with separate staircase. Fenced in backyard and attached 2 car garage. This home was featured on HGTV's "Curb Appeal" where they professionally landscaped the front and added a portico entrance with stain glass surrounding the front door. Close to the King Farm Free Shuttle bus to Metro and Shopping. Over 3300 sq ft. Open Sunday 1-4. 611 Crooked Creek Drive, Rockville, MD 20850.

**For More Information, please contact Michelle Meyer or Jill Aharon,
Coldwell Banker Potomac Office, 301-983-0200, cell 240-447-0614
or 240-328-2640, www.611CrookedCreekDr.com.
Priced at \$899,999.**

Profiles in Real Estate – "The Potomac Team" - Pam Weiss and Kathy Lorenz

Pam and Kathy believe there's a very simple, but certainly not easy, formula to becoming one of the top real estate teams in the Washington, D.C. area. "We are our client's advocate!" Pam and Kathy are 100% committed to their client's goals and work with them to create a plan for success.

Both have lived, raised their families and owned their homes in Potomac for the past 20 years. They coincidentally both got their professional training as executives in the telecommunications business. Although they did not know each other during those years, it became quite evident when they met in the beginning of their real estate careers, that they shared many of the traits that would bring them success in the business. Basically hard work, planning, organization, management skills and a thirst for information has resulted in an

unbeatable team to deliver results.

Affiliated with the premier broker, Long and Foster, they have the additional representation and support so important to providing the utmost in service. They are committed to happy clients and are confident that they continue to receive glowing testimonials such as the one below.

"From the beginning, you were empathetic, yet took a firm and disciplined approach to meet the challenge. It was a good balance. You were organized, dependable, industrious and conscientious. You developed a sound marketing strategy with supporting materials. Thank you for your professionalism and sensitivity to me during this time. You were a delight to work with!"



Pam Weiss
240-498-6644
Kathy Lorenz
240-350-7355
Long and Foster
Potomac Village Office
301-983-0060

BUSINESS



For Charity

Coldwell Banker Residential Brokerage in Potomac hosted its first annual yard sale in October and raised \$900 that will benefit local charities through Coldwell Banker Residential Brokerage Cares, the company's philanthropic arm. Volunteers included (from left) Mary Jo Raff, Marc Infeld, Sheila Duncan-Peters, Coldwell Banker Columbia Branch Vice President Joan Reilly, Colleen Sandler, Alison Pages, Sunno Sahani-Jhangiani and Shaana Sahani-Jhangiani. According to Office Administrator Evonne Wang, Coldwell Banker Potomac plans to expand the yard sale next year into a parking lot sale that will include other businesses in the community.

BUSINESS NOTES

To have an item listed free in *The Potomac Almanac*, e-mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Unless otherwise noted, all events are in Potomac. If you have any questions, call Steve Hibbard at 703-778-9412.

Donald R. Rogers, Glenn C. Etelson and Gregory D. Grant of the law firm of **Shulman, Rogers, Gandal, Pordy & Ecker of Potomac** have been selected by Washington SmartCEO readers as the area's "Legal Elite" for their practice areas. All three, recognized as "go-to attorneys" are listed in the Legal Elite Readers Poll in the December edition of Washington SmartCEO magazine.

The sixth-annual **EagleBank Foundation Fight Breast Cancer Golf Classic**, held on Oct. 11, at the Woodmont Country Club, raised over \$266,000. Proceeds from this year's event will be used to continue support of research and outreach programs through a partnership with the follow-

ing local hospitals and organizations: **Shady Grove Adventist Hospital and Suburban Hospital** in Montgomery County, and **The George Washington University Cancer Institute, Providence Hospital and Washington Hospital Center** in Washington, D.C. Other beneficiaries will be the Breast Cancer Research Foundation, the Primary Care Coalition of Montgomery County and the Wellness Community.

Breadsmith of Potomac, owned and operated by Tamir and Brenda Benaïm, celebrated its one-year anniversary. Breadsmith of Potomac is in the Cabin John Shopping Center at 7937 Tuckerman Lane, and is open Monday-Thursday 7 a.m.-7 p.m., Friday 7 a.m.-2:30 p.m., and Sunday 8 a.m.-5 p.m. Call 301-983-6033.

Intellectual Property Attorney **Tom Southard** has joined the law firm of **Shulman, Rogers, Gandal, Pordy & Ecker** as the newest shareholder in the firm's Business and Financial Ser-

vices and Commercial Litigation departments. Southard was previously with McKenna Long & Aldridge in Washington, D.C. Southard's practice focuses on patent and trademark litigation, trademark counseling, licensing and prosecution. He has represented domestic and international clients including Toyota Motor Corp., Pergo, Nikon Corp., LG Chem., Volunteers of America and CareFirst Blue Cross Blue Shield. Southard has also represented niche entities such as Proactive Environmental Products of Tampa, Florida. Southard has a law degree from the Catholic University of America and a bachelor's degree from Syracuse University.

My Gym Children's Fitness Center has opened its newest location in Bethesda. My Gym of Bethesda combines innovative physical early learning/pre-gymnastic classes with state-of-the-art facilities to empower children by helping them develop the skills, confidence and positive self-image needed to become healthy young adults.



Community Art Reception

PNC at the Potomac Branch hosted the annual art show for community artists for **Potomac Day**. Manager **Cecilia Clark** provided wine and cheese for the reception.

OPEN HOUSES

IN POTOMAC SAT./SUN. DEC. 18 & 19



15605 Haddonfield Way, North Potomac, 20878
\$839,000 • Open Sunday 1 - 4 pm
Wendy Banner, Long & Foster, 301-365-9090

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com & click the Real Estate links on the right side.

Call Specific Agents to Confirm Dates & Times.

Potomac (20854)

12232 Greenleaf Avenue.....	\$525,000.....	Sun 1-4.....	Leslie Friedson.....	Long & Foster.....	301-455-4506
10517 Tyler Terrace.....	\$777,000.....	Sun 1-4.....	Diann Gottron.....	Long & Foster.....	301-340-2347
1088 Pipestem Pl.....	\$799,900.....	Sun 1-4.....	Gil Thum.....	Long & Foster.....	202-807-6690
11104 Falls Rd.....	\$1,399,900.....	Sat 1-4.....	Rhonda Dolan.....	Long & Foster.....	301-975-9500

Bethesda (20817)

7400 Lakeview Dr #N4040.....	\$199,000.....	Sun 2-4.....	Jim Thomas.....	Re/Max 2000.....	301-881-1700
10512 Weymouth St #2.....	\$279,900.....	Sun 1-4.....	Elaine Koch.....	Long & Foster.....	301-325-4621
7032 Buxton Terr.....	\$889,000.....	Sun 1-4.....	Yasmin Abadian.....	Long & Foster.....	301-983-1212
9412 Rosehill Dr.....	\$2,475,000.....	Sun 1-4.....	Cecil Jackson.....	Jackson Premier.....	301-972-4181

North Potomac (20878)

114 Barnsfield Ct #219.....	\$320,000.....	Sun 1-4.....	Carmen J. Mitchell.....	Long & Foster.....	301-548-9700
14672 Brougham Way.....	\$595,000.....	Sun 1-4.....	Judy Lee.....	Weichert.....	240-601-1017
15517 Ambiance Dr.....	\$711,900.....	Sun 1-4.....	Jerry Rotter.....	Coldwell Banker.....	301-921-1040
15605 Haddonfield Way.....	\$839,000.....	Sun 1-4.....	Wendy Banner.....	Long & Foster.....	301-365-9090

Rockville (20850, 20852)

11750 Old Georgetown Rd #2208.....	\$338,720.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
1003 Curtis Pl.....	\$369,900.....	Sun 1-4.....	Stephanie Horwat.....	Weichert.....	301-385-6115
11750 Old Georgetown Rd #2316.....	\$393,395.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
11750 Old Georgetown Rd #2424.....	\$395,890.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
1003 Julian Pl.....	\$419,000.....	Sun 1-4.....	Stephanie Horwat.....	Weichert.....	301-385-6115
11800 Old Georgetown Rd #1227.....	\$439,780.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
11800 Old Georgetown Rd #1428.....	\$459,920.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
11750 Old Georgetown Rd #2515.....	\$519,790.....	Sat/Sun 11-6.....	Bob Lucido.....	Toll MD.....	410-979-6024
611 Crooked Creek Dr.....	\$899,999.....	Sun 1-4.....	Michelle Meyer.....	Coldwell Banker.....	240-447-614

For an Open House Listing Form, call Deb Funk at 703-778-9444 or e-mail debfunk@connectionnewspapers.com
All listings due by Monday at 3 P.M.

HOLIDAY



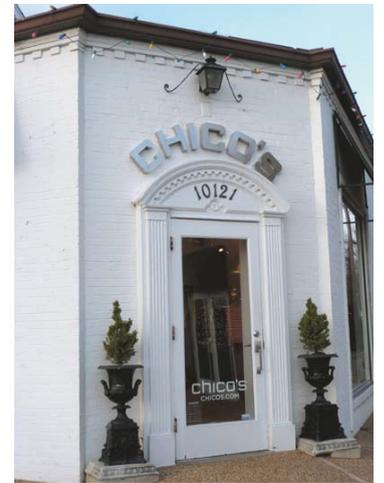
The Mr. Behnke nutcracker



Behnke's poinsettias are a highlight of the holiday season.



Glasses at The Village Eye Center.



Chico's provides glitzy women's fashions for holiday parties.

Hop into Potomac Village for Variety of Gifts

FROM PAGE 3

colorful fleece pants, Stephen Joseph Tea Cook sets and wedgits, a developmental and creative toy. An abundance of craft kits are available in the store too. Boys will enjoy science kits with experiments in hydro-power, wind power or electricity, Magformers, Lego games and Perplexus. One of the most exciting new toys is the Zipfy — a luge sled.

Colonial Opticians offers all kinds of glasses, and also carry a wide range of unusual gift items. Treasure boxes, humorous eye glass holders, fashionable glass cases which double as purses, scuba and ski goggles designed to fit over eye glasses as well — all these and more can be found here.

The children's store **Full of Beans** features one-of-a-kind clothing for girls and boys from newborn to size 14 (girls) and size 12 (boys). Baby quilts and blankets, wall decorations and even tutus are artfully displayed in this shop. Jackets, mittens, hats and gloves are available to keep little ones warm and toasty now that the cold weather has hit. This shop also carries an array of books, toys and amazing stuffed animals that children will love.

Strosnidars's Hardware Store pro-



A holiday dress from Full of Beans.



Fun gift items from Colonial Opticians.

vides all sorts of unusual gifts. Tools, decorative rugs, and fun kitchen items can be found here. Or, choose the hottest machine on the market — turn water into soda with a kit that really works. Clerks say it is flying off the shelf. You could also choose a fancy new mailbox — or how about a sled or a shovel for the difficult Washington winters which are about to arrive.

Across the street, **Chico's** offers an array of fashions including gorgeous holiday jackets to make an outfit extraordinary as well as fashion jewelry at reasonable prices.

The store abounds with trendy clothing and accessories which make perfect gifts for the "gal who has it all."

For exercise clothes as well as distinctive accessories, try **Potomac Pilates**. Owner Reina Offutt Pratt carries lines that are unique, such as Twisted Heart, Alternative and Rapti scarves. Exercise equipment is also available if her outstanding Pilates workouts don't challenge enough.

A number of exceptional gifts can be found at **Behnke's Nursery**. An array of poinsettias from very small "water-well"



Turn water into soda with Soda Stream from Strosnidars Hardware.

varieties to abundant red and white plants line the store in addition to the orchids for which the nursery is famous. Magnificent custom wreaths with fresh or artificial greens can be ordered along with holiday centerpieces. For the gardener, Behnke provides a decorative gift box which can be filled with gardening tools and then gift wrapped. The shop is loaded with ornaments, miniature carolers and even a German nutcracker designed to look like the nursery's founder — Mr. Albert Behnke.

Mountain bikes, road bikes, hybrids, children's bikes and all kinds of bike accessories are available at **Big Wheel Bikes**. A technician is also available to tune up bikes, so riders would be ready for spring.

BULLETIN BOARD

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

NOW THROUGH DEC. 20

Holiday Food Collection. Sponsored by the Potomac Place merchants to benefit the Manna Food Center. Bring non-perishable food to participating stores: Safeway, Chicken Out and PNC Bank. Located at River and Falls Road in Potomac. Manna Food Center is a nonprofit food bank providing food to low-income households, food pantries, soup kitchens, group homes, and schools in Montgomery County. Visit

www.mannafood.org.

ONGOING

Are you a tenor or bass, in particular? Audition for Zemer Chai, Washington's premier Jewish chorale. Chosen as one of DC's leading choruses for new concert series at the National Theater. Led by founding conductor Eleanor Epstein, Zemer Chai sings the full range of Jewish choral repertoire, including Jewish folk music from around the world, liturgical and classical pieces, and new works commissioned for the choir. Joint performances have included U.S. Soldiers Chorus, Heritage Signature Chorale, and Coral Cantigas. Clips from its CD and videos at www.ZemerChai.org and

on its Facebook page. To schedule an audition: info@ZemerChai.org.

WEDNESDAY/JAN. 5

Grief and Healing. 1 to 2:30 p.m. Free. Montgomery Hospice Drop-In Discussion. For anyone mourning the death of a loved one. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required: 301-921-4400.

WEDNESDAY/JAN. 5

Journaling and Grief Workshop Miniseries. 6:30 to 8 p.m. Free. A two-session workshop that will focus on the use of journaling techniques as a way of addressing grief issues. At Montgomery Hospice, 1355 Piccard

Drive, Rockville. Registration required: 301-921-4400.

ONGOING

CANTER-Mid Atlantic to open a **racehorse rehabilitation** program with donations from Delaware Park and the Delaware Thoroughbred Horsemen's Association earmarked to serve Delaware Park trainers and owners. To find an ex-race horse, volunteer, or to make a donation, visit www.canterusa.org/midatlantic.

To become a volunteer Bike Patrol on the C & O Canal, send an e-mail to Norman Liebow at Liebow@comcast.net or 301-714-2218.

The Greater Chesapeake and Potomac Blood Services Region of the **American Red Cross** is seeking **volunteers** to assist its blood collections staff at blood drives and blood donor centers. To register for training, or for more information, call the American Red Cross Volunteer Office at 1-800-272-0094, ext. 1, or e-mail karlofft@usa.redcross.org.

Volunteers are needed to assist sexual assault victims and their families through the Victim Assistance and Sexual Assault Program of the Montgomery County Department of Health and Human Services. To schedule an interview visit www.montgomerycountymd.gov/vasap or 240-777-1355.

SCHOOLS

Students' Thoughts about Facebook

COMPILED BY DANIELLE COLLINS
FOR THE ALMANAC

Freshman Torie Sher:

I have a Facebook page and at this age, it is very appropriate to use it to connect with friends. I definitely think that Facebook should be limited to kids my age because it is strange when really young and really old people use the site. I put restrictions on my Facebook for people I am not friends with, but for those I know, I keep my page open. The good thing about Facebook is that it really lets you customize your privacy settings to control exactly what others can see about you. I also use it academically to join school groups with people in my classes. My math class has an entire page where we talk about the class and help each other with homework. Aside from school, I enjoy using Facebook to keep in touch with my friends from sleepaway camp.



Jane Zankman, left, and Torie Sher

Senior Ben Kramer:

I use Facebook for various reasons, but the amount of time I spend on it varies day by day. While Facebook is useful to connect with relatives far away and provide quick access to friends, I think that kids use the site too much. The abundant technology available today can really hurt communication skills, and I don't like how the personalization aspect of communication withers when people speak using technology.

Junior Marisa Bruno:

I waste a lot of time on Facebook so I don't want to be hypocritical, but I believe it can be very detrimental to social conduct. If used in the right ways and in limited amounts, Facebook can be fun and helpful, but when kids get used to communicating over Facebook and other social networking sites, they lose valuable social skills acquired only through face-to-face contact. People often say things online they would not say in person, which can cause many problems like cyber bullying, decreased social skills, and less of a personal connection with friends and loved ones.

Senior Oli Palmer:

I use Facebook a medium amount to talk to my

friends, connect with new people I meet, and keep in touch with friends and family who live far away. It is easy to use, and it seems like everyone has a Facebook page. It is very common amongst teens now to use it to communicate. However, it can be a waste of time and can get too excessive. Nonetheless, technology has changed our lives so much that I can't imagine it any other way.

Freshman Jane Zankman:

I like technology a lot because it makes things quick and fast, but any mistakes made are permanent. I use Facebook for Churchill's Student Government Association in the Executive Board because all of the members have many events to plan and Facebook makes it easy for everyone to communicate. The site is also fun to chat with friends and play games, but it can take time away from homework and family time.

Senior Alain Pankopf:

Everyone these days uses Facebook because it is useful for homework and socializing purposes. It makes my life easier, and it is really crazy to see how much technology and communication have changed over the past few years. I know that even a decade from now, technology will have advanced even more, so it is definitely being constantly developed.

SCHOOL NOTES

To have an item listed mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Call 703-778-9412.

St. Andrew's Episcopal School of Potomac was named a School of Distinction by All Kinds of Minds, a program that uses research to help students and teachers better understand how students learn. St. Andrew's received the honor because of the school's commitment to train 100 percent of its faculty, and its efforts to organize a teach-the-teachers program for the area's Teach for America corps.

Dillon White, son of Eugenia and Joseph White of Potomac, is spending the fall 2010 semester studying abroad in Dublin, Ireland, through a program run by Saint Michael's College. White was a student at University College Dublin.

White, a junior business administration major at Saint Michael's, a liberal

arts, residential Catholic, college located in Burlington, VT, one of the top 10 college towns in America, graduated from Georgetown Preparatory School before coming to Saint Michael's.

Three Montgomery County students won college scholarships from Junior Achievement of the National Capital Area Inc., for essays they wrote about what the Washington area's business community can learn from high school students.

Jacob S. Rasch, a junior at Walt Whitman High School, is the 2010 grand prize winner for the Washington, D.C. region, and will receive a \$20,000 scholarship. Jacob also finished as the first-place winner for Maryland. Jacob's prize-winning essay, "All I Really Needed to Know about Business, I Learned in High School," argues that teenagers can impart valuable knowledge about technology and the "web-centric, data-centric, and media-

centric demands of 21st century marketing."

Nina J. Lu, a junior at Montgomery Blair High School, was chosen as the second-place winner for Maryland, while **Jingran Wang**, a senior at Richard Montgomery High School, won third place. Both students will receive \$10,000 scholarships for their submissions in the 2010 Junior Achievement Essay Competition.

Richard Montgomery High School also was selected by Junior Achievement to receive a \$6,000 grant because students from the school submitted the most eligible applications for the essay competition of any high school in the region.

All three students were honored in a Nov. 30 ceremony at the Marriott Wardman Park hotel in Washington, D.C. The essay competition was sponsored this year by David M. Rubenstein, a co-founder and managing director of The Carlyle Group, a private equity firm.

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117 Adoption

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Do not wish to be anything but what you are, and try to be that perfectly. -St. Francis de Sales

21 Announcements

21 Announcements

21 Announcements

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Not So Much "Fun" Anymore



By KENNETH B. LOURIE

Closer to "Minis" or "Bite Size" is more like it – and I don't like it, if you want to know my candy-eating truth. To what am I referring, specifically? I am referring to the "snack size" candy bars ("Items not for sale," in bags) most of us know and love, especially before, during and after Halloween and on through to the next Halloween when the eating/buying frenzy continues unabated to infinity (at least it does for me). Has anyone noticed the shrinkage in the size of M&M/Mars' brand "Fun Size" Milky Ways, Three Musketeers, Snickers and M&M varieties (my brand-area of expertise)? The "Fun Size" as they are still labeled, used to require two bites to finish – when I was in mixed company; alone, they were gone in just one bite, in my mouth, anyway. Now, however, one bite is sufficient – alone or in mixed company (and the ounces are less, too).

And as disappointing and inevitable as that shrinkage is, it's certainly not unique to M&M/Mars or "snack-size" candy bars. It appears to be a relatively common/recurring phenomenon among many pre-packaged items with which I'm familiar (not that I've done a study but I know what I buy): Half gallons (64 oz.) of Breyers ice cream are now 48 oz., bags of Utz potato chips have shrunk from 11.5 oz. to 10 oz., jars of the Classico pasta sauce have been reduced from 26 oz. to 24 oz., cans of Bumble Bee tuna fish I buy for my wife are now 5 oz. instead of 6, the 1 lb. bag of M&Ms are now 11.4 oz give or take (depending on the specific variety), bags of Oreo cookies (my formerly long-time favorite) which used to be 21 oz. are now as low as 15.25 oz (again depending on variety) and on and on. Moreover, not only is there shrinkage in the package/volume itself; where applicable, the individual items in those packages have been reduced as well. However, I wouldn't say this shrinkage has led to any reduction/discount in price. Hardly. From what I'm buying, mostly, I am definitely getting less and paying more.

But I am consuming less calories as a result; 80, to be specific (like it's a good thing, not an obfuscating thing), per this product anyway: according to the starburst featured prominently on the bag of Milky Way "Fun Size" candy bars whose recent purchase has inspired this column. So I really and truly am getting less for more. And why don't I consider that lower calorie number "Fun"? Because I consider it spin: telling me I'm consuming less calories; not because of any Earth-shattering, sugar-reformulating breakthrough but because there's less actual candy bar to eat (than in previous "Fun Size" bags). As Danny Glover ("Mal") said in Lawrence Kasdan's classic Western, "Silverado": "That ain't right. I'm tired of things that ain't right."

Consuming fewer calories, though, is not the reason I'm eating Milky Ways (or any number of other "Fun Size" bars with which I'm familiar). So no, it doesn't make me happy – or induce me in any future Milky Way-buying way. It's merely an attempt to veer me off my how-much-is-this-bag-of-candy-really-costing-me course. And, of course, I'm paying attention; I'm paying money, aren't I? I just don't eat indiscriminately without realizing how much – or how little of what's actually in the bag, is going into my mouth. This reduction in calories is, strictly speaking, nothing more than a reduction in value. And reduction in value during a struggling economy is hardly the thing from which legends – and new business are spawned, especially when most of us need more, not less. It's into this environment that M&M/Mars, among many others is instead providing the exact opposite: less for more.

Just remember, Mr. Manufacturer, consumer's dollars don't grow on trees anymore than sugar cane does (it's a "tall grass," actually; who knew?). And trying to sell me less value for more money is definitely going to reduce my calorie intake – to zero! From your products, anyway.

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

Churchill Beats Watkins Mill, Improves to 2-0

Edwards, Bass step up with double-digit scoring efforts.

BY BRIAN KIMM
THE ALMANAC

The Churchill boys basketball team improved to 2-0 with a furious finish to polish off a Watkins Mill team that hung tough with them for a majority of the game. The Bulldogs went on a 15-6 run in the last five minutes to seal the deal, winning 55-41.

Entering halftime tied at 24, Bulldogs head coach Matt Miller said his guys simply executed and a few players stepped up and made a difference in the second half.

"We wanted to increase our pressure," he said of their halftime adjustments, "and continue to rebound the ball, which I thought we did well all

"We're going to have different guys step up each game, today Kyle and Jordan were great."

— Churchill head boys basketball coach Matt Miller

game."

Watkins Mill handled Churchill's press well and kept the score tight into the fourth quarter, when suddenly the Wolverines collapsed while Churchill elevated its level of play.

Several Wolverines turnovers in the fourth helped Churchill score fast



Kyle Edwards led Churchill with 14 points and seven rebounds during Monday's win over Watkins Mill.



Jordan Bass scored all 13 of his points in the second half against Watkins Mill on Monday

back-to-back buckets, including a deep 3 followed by an interception of the inbounds pass that led to a quick lay-in to put the Bulldogs up 45-37 with just over four minutes left in the game. Churchill never looked back and out-hustled and out-rebounded Watkins Mill down the stretch, ending the game with several more

forced turnovers.

Churchill got big production out of Kyle Edwards, who led the team in both scoring and rebounding with 14 points and seven rebounds. Jordan Bass scored all of his 13 points in the second half to help lead the team to victory. He also added seven steals and four assists, both of which led the team.

"We're going to have different guys step up each game, today Kyle and Jordan were great," Miller said. "We knew when to attack and when to reverse the ball. I was really happy with our performance on both sides of the ball."

The Bulldogs were 27-of-44 on field goal attempts, shooting 50 percent from the floor in their win.

SPORTS BRIEFS

Churchill Tops Kennedy

The Churchill boys basketball team opened the 2010-11 season with a 57-45 win over Kennedy on Dec. 7. The Bulldogs used opportunistic scoring led by senior Jordan Bass (17 points) and junior Sam Edens (12 points, 5 assists) to earn the victory.

Churchill opened a 23-19 lead at the half and led 40-30 at the end of the third quarter. Junior Thomas Geenen (8 points, 7 rebounds) and Senior Jesse Simon (9 points) also contributed on both ends of the floor. The Bulldogs defense made it tough for Kennedy to score most of the evening and Churchill did not trail the entire game.

"It was a good victory to start the season after a tough couple of weeks for the program," WCHS head coach Matt Miller said in a press release, referring to the loss of two players to significant injuries, including senior Will Lewis, the Bulldogs' leading returning scorer from a year ago, who is likely out for the season. "I thought Jordan and Sam stepped it up for us tonight on the offensive end and gave us some timely baskets."

"That said, we are going to have to improve in a lot of areas if we want to become a team that can be competitive with anyone in 4A. I was especially concerned about the turnovers and rebounding this evening. We need to stop giving teams extra possessions and transition baskets and we need to make sure we take care of the defensive glass."

Mad Mats Tourney

The Churchill wrestling team traveled to Magruder High School to open the season at the annual Mad Mats Tournament, competing with 19 schools from Maryland and Virginia on Dec. 10-11. This tournament is the first major event to see how local teams are going to stack up.

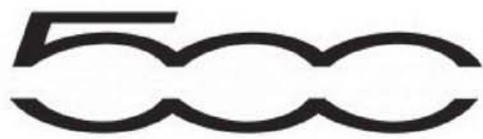
Churchill highlights included a first-place finish at 119 pounds by freshman Hunter Sutton. Place-winners were senior Wesley Deaver (third at 112 pounds); freshman Adama Keita (fifth at 140), and senior D.J. Gagner (sixth at 171). With many newcomers representing the varsity, Churchill made a strong showing, with most on the team winning at least one match at the two-day event. The first home match of the season is Dec. 14 against Kennedy High School.



Sam Edens, seen against Watkins Mill on Monday, scored 12 points and dished five assists in Churchill's season-opening win over Kennedy on Dec. 7.

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