

# Potomac ALMANAC

# Wintery Fun

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# WINTER FUN

## Places To Go, People To Meet, Things To Do

COMPILED BY KEN MOORE

### Celebrate Chinese New Year

Saturday, Jan. 29, 2011, 10:30 a.m.  
Potomac Community Library  
10101 Glenolden Drive, Potomac  
Chinese lion dance, yo-yo demonstrations and Chinese arts and crafts presented by the Madison Chinese Dance Academy. Program sponsored by the Friends of the Library, Montgomery County, Inc.  
For more library events, see <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp>  
240-777-0690

### Watch a Horse Show Indoors

Potomac Horse Center  
14211 Quince Orchard Road, North Potomac  
301-208-0200, [www.potomachorse.com](http://www.potomachorse.com)  
Watch a horse show indoors:  
Jan. 30, Potomac Horse Center client show  
Feb. 12, Valentine's Jumper Schooling Show  
March 20, Potomac Horse Center client show

### See Potomac's Theater

Potomac Theatre Company  
The Mousetrap  
301-299-8571  
Performances at The Blair Family Center for the Arts at the Bullis School, 10601 Falls Road, Potomac. [www.potomactheatrec.com](http://www.potomactheatrec.com)  
See Agatha Christie's stage thriller, The Mousetrap, March 11, 12, 13; March 18, 19, 20; March 25, 26, 27. Fridays and Saturdays 8 p.m., Sundays at 2 p.m.  
Potomac Theatre Company always accepts resumes from directors, producers, lighting designers and technicians, set designers, costume designers, stage managers, technical directors and running crews. Some positions are paid.

### Visit the River Center

Potomac Conservancy's River Center  
Lock 8  
7906 Riverside Drive, Cabin John  
Off Clara Barton Parkway between Cabin John and Carderock exits  
[www.potomac.org](http://www.potomac.org)  
Potomac Conservancy operates environmental awareness programs out of Lockhouse 8 along the C&O Canal  
GET INVOLVED: Canal Stewards Cleanup



Henry, 12, and Matthew, 7, Seiler concentrate on a game of checkers in the Great Falls Tavern on Sunday, Jan. 23. The Seiler family visits the C&O Canal National Historical Park for hikes and kayaking, as well as the occasional game of checkers.

Sun, Feb 13, 2011, 10 am to noon. This monthly clean-up day is part of the Canal Steward Program, engaging volunteers in as caretakers of a site within the C&O Canal National Historical Park.  
Contact Deanna Tricarico at [tricarico@potomac.org](mailto:tricarico@potomac.org) or 301-608-1188 ext. 204. Visit [www.potomac.org/site/river-center-events/index.php](http://www.potomac.org/site/river-center-events/index.php)

### Winter Nature Activities

Locust Grove Nature Center  
Cabin John Regional Park  
7777 Democracy Boulevard, Bethesda  
301-765-8660  
[www.locustgrovenature.org](http://www.locustgrovenature.org)  
Here are some upcoming programs, registration required.

- ❖ Forest Frolics: Bring young nature adventurers for a fun outing in the woods. Enjoy stories, hikes, song and art as we explore the wild spaces in the park.  
For ages 3-6, \$5, Tuesday, Feb. 1, 11 a.m.-12 p.m.
- ❖ The Scientific Method for Homeschoolers: Ages 8-12, \$10 Thursday, Feb. 3, 10 a.m.-12 p.m.
- ❖ Feed the Birds! What do birds eat for a mid-morning snack? Not Cheerios, that's for sure! Find out as you help fill the feeders, learning our seed eaters' taste preferences, names and behaviors in the process. Ages 1 year and up, free, Saturday, Feb. 5, 9:30-10 a.m.

- ❖ Let's Make Things, Tot Times For ages 1-3, \$5, Wednesday, Feb. 10, 10 a.m.-10:45 a.m., and 11:15 a.m.-noon. Look online for more Tot Time activities.

- ❖ Winter Night Hike: Ages 5 and up, free, Friday, Feb. 11, 7-8 p.m. with naturalist Geri Drymalski
- ❖ Crazy Love: It's almost Valentine's Day and love is in the air. Local animals are gearing up for the mating season. This program explores the spring 'traditionalists' and looks into some of nature's stranger romances. 5yrs&up, Free, Saturday, Feb. 12, 1-2 p.m.
- ❖ Classifying Life for Homeschoolers: Ages 8-12, \$10, Thursday, Feb. 17, 10 a.m.-noon
- ❖ Maple Sugaring Time: Learn about maple sugaring and the ups and downs of sap by participating in activities that celebrate this sweet time of year. Learn how to tap the correct trees, test your taste buds in a blind syrup sampling, and watch as sap turns to syrup before your eyes. Age 1 and up, \$5, Saturday, Feb. 19, 1 p.m.- 2 p.m., and Saturday, Feb. 26, 1 p.m.- 3 p.m.
- ❖ Adult Naturalist Training at Locust Grove: Registration is required and classes are free for current volunteers: Macroinvertebrate ID: Age 18 and up, \$10, Thursday, Jan. 27, 5:30pm - 7:30 p.m.; Physiology of Hibernation: Age 18 and up, \$10, Thursday, Feb. 24, 7- 9 p.m.

### Visit Great Falls Tavern

Great Falls Tavern Visitor Center, 11710 MacArthur Blvd., Potomac, 301-767-3714.  
Open year round, seven days per week from 9 a.m. to 4:30 p.m.

The Historic Great Falls Tavern has stood at Lock 20 on the C&O Canal since 1831, and now serves as the visitor center at the Great Falls section of the park. There are programs year round and boat rides in the spring, summer and early fall. In winter, tours are available by appointment.

Volunteers are needed to man the front desk at the Tavern and answer visitor's questions. Call interpretive ranger Rebecca Jameson at 301-767-3714.



Rebecca Jameson, an interpretive ranger at the Great Falls Tavern is in search of local volunteers to learn about the Tavern, man the front desk and answer visitor's questions. Call 301-767-3714.



Feeding the birds, one of many nature programs at Locust Grove Nature Center.

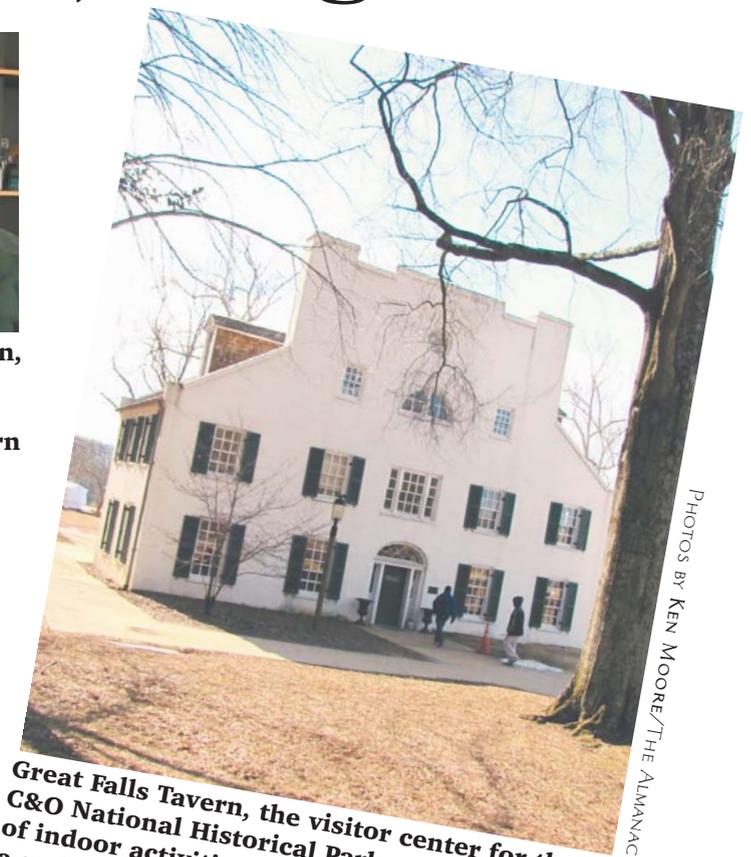
response to travelers' requests for shelter and a meal, the locktender here at Great Falls, W.W. Fenlon, asked the Canal Company to build the three-story north wing for a hotel, which opened in 1831. As the inn's first proprietor Mr. Fenlon presided over lively entertainment like fishing parties, dances and social events in the "ballroom," in addition to good dinners and a place to sleep. [www.nps.gov/choh/planyourvisit/greatfallstavernvisitorcenter.htm](http://www.nps.gov/choh/planyourvisit/greatfallstavernvisitorcenter.htm)

### Potomac Community Center

11315 Falls Road, Potomac, 240-777-6960  
Stop in for table tennis, billiards and foosball. This is Montgomery County's busiest community center, with open gym activities, arts and crafts, exercise classes, leisure classes, group support meetings and socials, senior adult activities, sports programs, summer camps, programs for individuals with disabilities, children's holiday parties, volunteer opportunities and more. Facilities include a gymnasium, exercise room, meeting rooms, art room, lounge area, community room and social hall. The outdoor area includes two baseball fields and an in-line hockey rink, and lighted basketball and tennis courts. The Center offers table tennis, billiards and foosball, a gymnasium, weight room, social room, meeting rooms, and hundreds of classes through the Department of Recreation.

### Glen Echo Park

7300 MacArthur Blvd., Glen Echo  
[www.glenechopark.org](http://www.glenechopark.org)  
Originally a Chatauqua retreat, then an amusement park, Glen Echo National Park now hosts a



Great Falls Tavern, the visitor center for the C&O National Historical Park, offers a variety of indoor activities, including a 1917 video of a mule-drawn trip along the canal.

Right now, with construction going on at Great Falls, there is no entrance fee. The fee both is scheduled to be reinstated sometime in March.

**HISTORY:** Soon after the canal's ground breaking in 1828 construction began on the original lockhouse. In

variety of arts, environmental and history programs. Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as in dance, writing and music. Dancing in the Spanish Ballroom is a popular social event.

Also at Glen Echo, Adventure Theatre ([www.adventuretheater.org](http://www.adventuretheater.org), 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse ([www.puppetco.org](http://www.puppetco.org)) offers shows as well as was for children to be involved.

### Cabin John Regional Park Ice Rink

10610 Westlake Drive, 301-365-2246  
Private and group lessons for all ages, open skating times, and special events. Open year round.

### Cabin John Regional Park Indoor Tennis Courts

7801 Democracy Boulevard, 301-365-2440  
Private and group lessons for all ages and seasonal court rentals.

### Writer's Center

4508 Walsh St., Bethesda  
301-654-8664, [www.writer.org](http://www.writer.org)  
Want to write a screen play, finish a novel or a book of short stories, produce a play, write feature articles, try science fiction, work on poetry, or learn how to find a literary agent or write a book query? "Writing is hard. To sit in solitude daily and work on stories or poems or essays [or articles], requires fortitude," according to the Writer's Center website. "But you don't have to [do] it all alone."  
The Writer's Center offers more than 300 workshops annually in a variety of genres. Professional mentors help writers shape their craft.

## REMEMBRANCE

# Family and Friends Recall Sargent Shriver

BY CAROLE DELL  
THE ALMANAC

**B**ono sang Dylan's "May You Stay Forever Young." Former President Clinton and Vice President Biden spoke. Oprah showed up and First Lady Michelle Obama graced the front row.

And one could almost hear how the late Sargent Shriver would have protested such attention had he known the magnitude of the day that was to honor his life on Saturday. He would have asked what all the fuss was about and then encouraged everyone to spend the time, not on him, but on those who needed it most.

That is how R. Sargent Shriver, 95, who died on Jan. 18 at Suburban Hospital would have wanted it.

But, at his funeral service at Our Lady of Mercy Catholic Church, in Potomac, Shriver's five children, 19 grandchildren, President Bill Clinton and Vice President Joe Biden thought otherwise. They spoke movingly in words both emotional and jocular of the man who lived a life of unselfish devotion to his religion and his family.

After a reception at Congressional Country Club, the family flew with Sarge to the cemetery in Barnstable, Mass., where he was buried next to Eunice. Maria, in speaking of her parents earlier at the mass: "Daddy is in heaven with God and with Mummy." In Barnstable, his body will be resting with her here on earth.

When I first met Sargent Shriver he was ambassador to France in 1969. Sarge blended into the French culture with the same energy he gave to every endeavor and I can still hear him speaking French with his usual gusto and sounding quite good. Not even Charles de Gaulle could resist him. But then, who could ignore this cultured family's warm embrace of everything French.

I remember that he loved those days, but Sarge loved every day and he had no intention of wasting them. He never went off course. My husband, Donald, who worked for him in the '60s, recalled Sarge bounding into the offices of the Peace Corps, greeting everyone warmly and with exuberance, morning after morning. Donald, young and



**Sargent and Eunice Shriver**

single then, traveled with Sarge and they often shared a room. With evenings free, Donald envisioned an evening of singles fun, but Sarge had other plans. They had a rosary to say.

Sarge looked for the best in everyone and looked for the bright side of every situation. The years never changed his outlook even when Alzheimer's disease began to erode his memory. President Clinton said it best at the funeral: "I've never met a man in my life who was happier in the moment than Sargent Shriver."

That quality served him well all his life, but especially as the disease progressed. When it began to take its toll and he had cause to withdraw, he moved forward. He showed up at functions at their sprawling home on Harrington Drive and greeted friends with his same warm, enthusiastic embrace and large laugh, so that if he didn't know your name, you were probably the last to know. We knew he loved us and appreciated us and in that moment it was enough.

When Timmy Shriver, who has followed his parents in running Special Olympics,

spoke of his father on Saturday, he said that Sarge never chose to see the world as jaded and broken. During part of Timmy's young years, they shared a room and he learned then of his father's deep faith. Sarge saw the world as "infused with God's spirit. Awe breaking through at each moment."

After an evening at the Shriver home, we were often uplifted by the commitment and passion Sarge and Eunice had for their latest endeavor, from Best Buddies to Special Olympics to politics. There was always something to discuss at their long dining room table and it often became a reaffirmation of the word "public service." If it started as a subtle prod, (sometimes not so subtle from Eunice) nothing you could put your finger on, it often ended with our enthusiastic commitment.

When I think of Sargent Shriver now, I will always remember his kindness. He embodied the essence of everything the word connotes and it wove like an unbroken thread throughout his long years. He never backed down or compromised, he stood behind his beliefs and that defined a very good life.

Sargent Shriver didn't just talk; he led by example and faith. It shows today in the success of his children and their involvement in his and Eunice's legacy of public service. The remembrances shared with us on Saturday by Anthony, Maria, Bobby, Timmy, and Mark in his moving eulogy, should have many of us vowing to do more with our lives, and to do it better.

Sarge may not have wanted such a fuss on Saturday, but he would certainly have seen the potential in all the energy that came out of that day.



**During his years as ambassador to France in 1968 to 1970, Sargent Shriver developed a close relationship with French president Charles de Gaulle and helped bring the countries closer.**

## CIVIC CALENDAR

Send listings to [kmoore@connectionnews.com](mailto:kmoore@connectionnews.com)

### FOREST CONSERVATION REPORT

Thursday, Jan. 27, approximately 2:15 p.m.  
The Montgomery County Planning Board is scheduled to present the Forest Conservation Annual Report to the Maryland Department of Natural Resources. Montgomery County Planning Board, 8787 Georgia Avenue, Silver Spring, MD 20910-3760. 301-495-4600. [www.montgomeryplanningboard.org](http://www.montgomeryplanningboard.org)

### OPEN HOUSE AT POOLE STORE

Saturday, Jan. 29 from 10 a.m. – noon  
Parks Department will conduct an open house at the Poole Store, 16315 Old River Road, Seneca. This open house will provide the public with an opportunity to walk through the store, view the adjacent out-buildings and tour the premises.

Senior park staff will be available to assist with the tour and answer questions. A public meeting has also been scheduled for that afternoon to receive community input, commencing at 1 p.m. until 2:30 p.m., at the UpCounty Regional Services Center (Room A) located at 12900 Middlebrook Road, Germantown.

### ONLINE PEPSCO SURVEY

Until Jan. 31  
The Pepco Work Group appointed by County Executive Ike Leggett (D) is conducting an online survey of residential and business customers in order to receive feedback about their experiences with the electric utility company. The survey asks about Pepco's service, the extent to which customers have experienced outages, the economic impact of those outages and what additional costs customers would be willing to incur in exchange for improved service. Two different surveys, one for business customers

and one for residential customers, are offered. Click on the appropriate link to take the survey that applies:

<http://www.surveymonkey.com/s/PEPCOBUSINESS> and/or <http://www.surveymonkey.com/s/PEPCORESIDENTIAL>

### COUNCILMEMBER BERLINER FORUM

Wednesday, Feb. 2, 7:30 p.m.  
Councilmember Roger Berliner (D-1) will hold a forum at North Bethesda Middle School. Bring concerns and comments, discuss local issues, and get acquainted. "Come ready to talk. I'm ready to listen," he said. North Bethesda Middle School, 8935 Bradmoor Drive, Bethesda, 20817. No RSVP necessary. Call his office at (240) 777-7828 with any questions.

### GENERAL ASSEMBLY

Through April 11.

Maryland 428th General Assembly meets for 90 days to act on more than 2300 bills, including the state's annual budget. See <http://mlis.state.md.us/>

### OUR LADY OF MERCY

Wednesday, Feb. 2, 8:30 – 10:30 a.m.  
Our Lady of Mercy School (K-8) will hold an open house. Meet teachers and tour the school. 9222 Kentsdale Drive, Potomac. Contact [schooloffice@olom.org](mailto:schooloffice@olom.org) or 301-365-4477.

### COUNTY COUNCIL CAPITAL BUDGET

Feb. 8, 7:30 p.m. Montgomery County Council. Council Hearing Room, 100 Maryland Ave., Rockville. The public hearing on the FY12 Capital Budget and amendments to FY11-16 Capital Improvements Program (CIP), and WSSC's FY12-17 CIP. Those wishing to testify should call 240-777-7803 beginning Jan. 30. [www.montgomerycountymd.gov/council](http://www.montgomerycountymd.gov/council)

# MoverMoms Kick-Off 'Hope and Soap' Collection for Haiti

Moms gather to make a difference.

BY SUSAN BELFORD  
THE ALMANAC

**T**he difference between life and death in Haiti is now a bar of soap." This quote from The Washington Post article of Jan. 12, 2011 describes the horror of the cholera epidemic in impoverished Haiti. More than 3,000 people have died of this disease — and thousands more are expected to die. With over a million Haitians living in unsanitary tents and ingesting unhygienic food and water, the infection is rapidly spreading. Bars of soap are one solution to help alleviate Haiti's devastating problem.

MoverMom Salma Ali of Potomac read the Post's article and was troubled and touched that the bar of soap so many take for granted can make a difference. She immediately contacted her fellow board of directors (she serves as chief inspiration officer) and the group commenced a "Hope and Soap" collection from Jan. 20 until Feb. 14 (Valentine's Day). They are aiming for 2011 bars of soap for Haiti.

However, they have had such a tremendous response to their campaign with Girl



MoverKids during a bake sale for Haiti last year, when MoverMoms raised \$800.

Scout troops, schools and communities wanting in on the collection — they will most likely exceed their expectations. MoverMoms is also requesting donations of gently-used blankets to send with the soap. In addition, the group will hold a bake sale

"Cookies and Cake to Combat Cholera in Haiti" on Jan. 29, 1-5 p.m. at the Westbard Giant in Bethesda.

One of the problems MoverMoms encountered was the logistics of transportation and distribution. They are partnering with Hu-

## How To Help

"Soap for Hope" Collection  
Dates: Jan. 20 – Feb. 14  
Where: Soap and gently-used blankets can be dropped off at:  
♦ 7101 Loch Lomond Drive, Bethesda  
♦ 7300 Brookstone Court, Potomac  
♦ 24320 Frederick Road, Clarksburg  
For more information about joining MoverMoms or donating to one of their causes, see [www.movermoms.org](http://www.movermoms.org)

manity First, a relief organization working in Haiti. This group will support the collection by handling the shipping and distribution. Since Humanity First has many established relief teams in Haiti, they will be able to deal with the logistics of distributing the soap and blankets to the most needy.

MoverMoms was the brainchild of Rebecca Kahlenberg of Bethesda. Over coffee at Starbucks in 2007, Kahlenberg and Ali decided to spend time with their friends while performing community service. Ali said, "Our goal was to make service easy for moms, to model a behavior of volunteerism for our children, and to make a difference. Our motto is 'Having fun with a purpose.' We have learned over the years that together, we can make a difference and can do it right now." They began by contributing meals to the NIH Children's Inn once a month. Now they have a service ac-

SEE FOR HAITI, PAGE 10

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202-269-2379 • [www.saintanselms.org](http://www.saintanselms.org) • [admissions@saintanselms.org](mailto:admissions@saintanselms.org)

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# LET'S TALK Real Estate



by  
**Michael Matese**

## The Hot Topic of Solar Heat

It doesn't get much more cost effective than solar heat. It's more economical than electricity, propane or oil and some states even offer sales tax exemptions, income tax credits and property tax exemptions or deductions. The size of your house, local covenants and heating needs are factors in choosing the size of your heating system, and a professional in solar heat panel installations will be your best source of information. Take into consideration your local climate, the type and efficiency of the collector to determine how much heat the system can provide. It's usually most economical to design an active system to provide 40%-80% of the home's needs and a well designed and insulated home that incorporates passive solar heating techniques will use a smaller heating system, needing less supplemental heat. Once installed, maintenance is essential and an average system will require between 8-16 hours of upkeep a year. Don't forget to make certain your homeowner's policy covers the upgrade. Most are already automatically covered, but it's essential to ascertain what your insurance provider's policy is regarding it.

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

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Mike@michaelmatese.com.



# WINTER FIIN

## THURSDAY/JAN. 27

**Slow Blues and Swing Dance.** 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte & Guests. Slow Blues lesson from 8:15 to 9 p.m. At the Back Room, 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.

## FRIDAY/JAN. 28

**Friday Night Eclectic Series.** 9 p.m. Great Noise Ensemble: Paranoid Cheese. Great Noise Ensemble has become one of the most important ensembles in DC's new music scene, winning The Washington Area Music Association's 2007 WAMMIE Award for Best Chamber Ensemble. Tickets are \$10/advance; \$12/door. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

**Contra Dance.** 7:30 to 11:30 p.m. Admission is \$9. Contra dance lesson from 7:30 to 8:15 p.m., followed by called dance to live music from 8:30 to 11:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Email: fndcontra@yahoo.com

**The John Scofield and Joe Lovano Quartet.** 8 p.m. Tickets are \$18-\$38. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. For more information or to purchase tickets, call 301-581-5100 or visit www.strathmore.org.

## JAN. 28-29

**An Exploration of the Hasidic Spirit** with Rabbi Nehemia Polen Weekend Shabbaton. Friday, Jan. 28, 8:15 p.m.: Rabbi Polen Talk: Introduction to Hasidic Spirituality: Tales, Teachings and Melodies. Saturday, Jan. 29: all-day teach-in beginning with morning services at 9:30 a.m. when Rabbi Polen will give the D'var Torah: Intimacy With God: The Torah's Embodied Spirituality followed by an oneg lunch. 1:30-2:15 p.m.: Rebbe's Tisch with Rabbi Polen, Hazzan Rachel Hersh Epstein and others for teachings, songs, nigunim (melody without words as prayer) and bentsching (grace after meals). 2:30-4 p.m.: mini-sessions with various teachers. Two sessions from 4:30-6 p.m.: Rabbi Polen Shiyur: Building Sacred Community: A comparison of Biblical and Hasidic Approaches to enriching our personal and communal quests for meaning; and Hasidic stories and songs for kids (grades K-3). 6:30 p.m.: Havdalah. Babysitting will be available during the Saturday morning service and final 4:30 p.m. sessions. Lunch and snacks will be served. At Adat Shalom Reconstructionist Congregation, 7727 Persimmon Tree Lane, Bethesda. Call 301-767-3333, x106 or www.adatshalom.net.



## SUNDAY/FEB. 6

**Shabbat Shaboom!** 2 p.m. A "Challah-Day" Show. Tickets are \$10. Mama Doni Band brings its brand of "funky music with a Jewish twist" to an all-new family show featuring a sneak peek at songs from Mama Doni's new CD Shabbat Shaboom! At the JCC of Greater Washington, 6125 Montrose Road, Rockville. Call 301-348-3880 or visit www.jccgw.org.

## SATURDAY/JAN. 29

**Lunar New Year Celebration.** 10:30 a.m. Chinese Lion Dance, yo-yo demonstrations and Chinese arts and crafts. At the Potomac Library, 10101 Glenolden Drive, Potomac. Call 240-777-0690.

**"Tales of a Fourth Grade Nothing."** 11 a.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville.

**Swing Dance.** 8 p.m. to midnight. Admission is \$15. Beginner swing lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight with the J Street Jumpers. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Email: dance@flyingfeet.org

## JAN. 29-30

**"Once Upon a Mattress."** Saturday at 7:30 p.m.; Sunday at 3 p.m. Tickets are \$20/adults; \$12/children. Presented by the Congregation Har Shalom Players. Purchase tickets at www.harshalom.org or at www.tinyurl.com/MattressTix or call 301-299-7087, Ext. 302. At Congregation Har Shalom, 11510 Falls Road, Potomac.

## SUNDAY/JAN. 30

**Sitar Concert.** 3 p.m. Free. By Sitar player Alif Laila. Sponsored by the Washington Conservatory of Music. At the Conservatory's South Arcade Building, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

**Bridal Expo.** Noon to 4 p.m. Tickets are \$5. The expo will feature more than two dozen vendors who will highlight their services, including caterers,

florists, cake makers and designers, musicians and DJs, photographers and videographers, personal care attendants, rental accessory companies and travel agents. At Glenview Mansion at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Call 240-314-8660.

**Contra and Square Dance.** 7 to 10:30 p.m. Admission is \$12/nonmembers; \$9/FSGW members. Lesson at 7 p.m., followed by dances to live music by Gypsy Meltdown from 7:30 to 10:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.fsgw.org

**Waltz Dance.** 3:30 to 6 p.m. Admission is \$10. Introductory Waltz Workshop from 2:45 to 3:30 p.m. With the ensemble Trio con Brio. At the Spanish Ballroom at Glen Echo Park. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org.

## WEDNESDAY/FEB. 2

**Alicia Ward on Cello.** 7:30 p.m. Alicia Ward, Strathmore's Artist in Residence for February, performs on cello. Tickets are \$12. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

## THURSDAY/FEB. 3

**Slow Blues and Swing Dance.** 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow Blues Lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. At the Back Room, 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.

## FEB. 4 TO FEB. 20

**"Picasso at the Lapin Agile."** Tickets are \$16 and \$14. Shows are Fridays and Saturdays at 8 p.m.; Sundays at 2 p.m. Call The Montgomery Playhouse Box Office at 301-977-5751. At the Theater at the Rosborough Center, Building 409, Asbury Methodist Village, Gaithersburg.

## FRIDAY/FEB. 4

**"Inscape."** 8 p.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville.

**Author Maxine Hong Kingston.** 7:30 to 9:30 p.m. Will read from her most recent work, the memoir I Love a Broad Margin to My Life. Cost is \$10/members; \$15/non-members. At The Writer's Center, 4508 Walsh Street, Bethesda. Call 301-654-8664 for tickets, or visit www.writer.org.

**Nitty Gritty Dirt Band and the Seldom Scene.** At 8 p.m. Tickets are \$25-\$42 (Stars price \$22.50-\$37.80). With a career that spans five decades, Nitty Gritty Dirt Band has influenced a generation of country rockers with hits like "Mr. Bojangles," "Dance little Jean" and "Fishin' in the Dark." Opening are bluegrass favorites, The Seldom Scene who pull up some chairs and start telling stories with their brilliant arrangements of tunes by Duane Allman, John Fogerty, Merle Haggard, Steve Earle and Bob Dylan. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

## SATURDAY/FEB. 5

**Games for Grownups Night.** 9 p.m. to midnight. Games and activities for grownups, including mini-golf, a treasure hunt and Wii. At Tikvat Israel Congregation, 2200 Baltimore Road, Rockville. Email tikvatoffice@gmail.com or call 301-762-7338.

**Touch of Love.** 4 to 7 p.m. A collection of paintings, photography, jewelry and glass work by established artists. At Exhibit 9 in Potomac. Contact Sarah at 202-276-9419 or email: info@exhibit9gallery.net or visit www.exhibit9gallery.net.

**Organ and Brass Music Concert.** 7:30 p.m. Free. Performed by Donald Sutherland, organist, and C Street Brass. At Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Call 301-365-2850 or visit www.bradleyhillschurch.org.

## SUNDAY/FEB. 6

**Waltz Dance.** 3:30 to 6 p.m. Admission is \$10. With the band, Sugar Beat. Introductory Waltz Workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 301-634-2222, go to www.WaltzTimeDances.org

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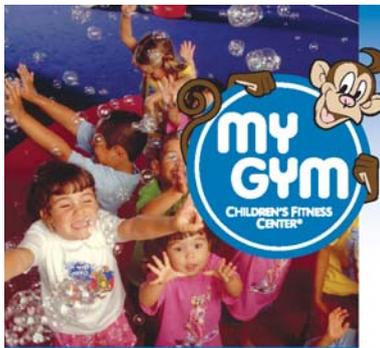
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## WINTER FUN

### NOW THROUGH FEB. 26

**"Tiny Tots @ 10."** 10 a.m. "Tiny Tots @ 10" is designed for young children ages 0-4. The program features master puppeteer Bob Brown. The lights stay on, the doors stay open, and everyone has a great time! Tickets are \$5. All individuals must have a ticket, including babes-in-arms. Running time is 30 minutes. Email: c.piper@thepuppetco.org or visit [www.thepuppetco.org](http://www.thepuppetco.org). For reservations, call 301-634-5380.

- ❖ Jan. 26 — "Snow Show"
- ❖ Jan. 29 — "Panda-Monium"
- ❖ Jan. 30 — "Old McDonald's Farm"
- ❖ Feb. 5 — "Old McDonald's Farm"
- ❖ Feb. 6 — "Baby Bear's Birthday"
- ❖ Feb. 16 — "Winter Wonderland"
- ❖ Feb. 19 — "Magic Toyshop"
- ❖ Feb. 23 — "Magic Toyshop"
- ❖ Feb. 26 — "Clowning Around"

### NOW THROUGH FEB. 13

**"The Velveteen Rabbit."** Applause Unlimited returns with Margery William's gentle tale of how toys become real. Told with hand puppets, storytelling, and song, solo puppeteer Christopher Hudert takes children through this classic story of friendship, changes, and magic. The popular tale is of particular interest to youngsters learning to read and anyone who has ever had a favorite stuffed toy. Recommended for PreK - Grade 4. Running time is 45 minutes. Performances: Fridays at 10 a.m. and 11:30 a.m., Saturdays and Sundays at 11:30 a.m. and 1 p.m. ASL performance, Feb. 6. Tickets \$10, group rates available. Call 301-634-5380 or visit: [www.thepuppetco.org](http://www.thepuppetco.org).



PHOTO BY C. STANLEY PHOTOGRAPHY

**Rex Daugherty as Jack and Hyla  
Matthews Heynigher as Calypso in  
"Aquarium."**

### NOW THROUGH FEB. 6

**"Aquarium."** The actors lead children and caregivers through an underwater world with a giant jellyfish, to a grassy patch where sheep love to graze, and to a garden where lemons create the sun in a pretend sky. Designed for very young audiences: 12 months to 5 years. Show times are Wednesday through Saturday 10:30 a.m. and 11:45 a.m.; Sunday, Feb. 6 at 10:30 a.m. Tickets are \$10/person; \$5/lap seat for children under 12 months. "Aquarium" Magical Moments Workshops will be held on Saturday, Jan. 29 at 11:45 a.m. and 1 p.m.; Saturday, Feb. 5 at 1 p.m. Tickets: \$7.50 per person. Imagination Stage is at 4908 Auburn Ave., Bethesda. Visit [www.imaginationstage.org](http://www.imaginationstage.org) or call 301-280-1660.

## FINE ARTS

### JAN. 29-30

**"Your Backyard."** Montgomery County Plein Air Artists will present landscape paintings of favorite places in Maryland. Saturday noon to 7 p.m.; Sunday noon to 5 p.m. At the Yellow Barn gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

### NOW THROUGH JAN. 30

**Slices of Life.** Artists 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.

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 **Call Specific Agents to Confirm Dates & Times.** 

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12000 Glen Mill Road.....	\$849,000.....	Sun 1-4.....	Leslie Friedson..... Long & Foster.....	301-455-4506
8309 Turnberry Ct.....	\$899,000.....	Sun 1-4.....	Val Puddington..... Coldwell Banker.....	301-613-1833
9426 Thrush Ln.....	\$1,195,000.....	Sun 1-4.....	Brenda Sarver..... MC REO.....	301-631-0778
14025 Gorky Dr.....	\$1,299,000.....	Sun 1-4.....	Alexa Kempel..... Washington Fine Prop.....	240-678-4561
11404 Falls Rd.....	\$1,399,900.....	Sun 1-4.....	Rhonda Dolan..... Long & Foster.....	301-975-9500
7818 Stable Way.....	\$1,428,000.....	Sun 1:30-3:30.....	Anne Killeen..... Washington Fine Prop.....	301-706-0067
11409 Falls.....	\$1,838,000.....	Sun 1-4.....	Norman Domingo..... XRealtyNET.....	888-838-9044

### Bethesda (20817)

5800 Wyngate Dr.....	\$1,435,000.....	Sun 2-4.....	Kay Beane..... Long & Foster.....	301-215-6809
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### Rockville (20850, 20852)

11923 Parklawn Dr.....	\$135,000.....	Sat 12-3.....	Rick Wright..... Re/Max 2000.....	301-451-8208
10401 Grosvenor Pl.....	\$199,900.....	Sat 12-3.....	Rick Wright..... Re/Max 2000.....	301-451-8208
10500 Rockville Pk.....	\$283,750.....	Sat 12-3.....	Rick Wright..... Re/Max 2000.....	301-451-8208
5225 Pooks Hill Rd.....	\$290,000.....	Sat 3-5.....	Marty Resnick..... Re/Max 2000.....	301-442-6991
5225 Pooks Hill Rd.....	\$369,900.....	Sat 3-5.....	Marty Resnick..... Re/Max 2000.....	301-442-6991
11750 Old Georgetown Rd #2208.....	\$338,720.....	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.....	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
531 Redland Blvd.....	\$550,000.....	Sun 1-4.....	Alan Bruzee..... Long & Foster.....	301-548-9700

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## WINTER FUN



PHOTOS BY DEBORAH POST STEVENS/THE ALMANAC



### For Youngsters

**The Puppet Co. Playhouse**  
**presents "Tiny Tots @ 10"**  
**through Feb. 26 at Glen**  
**Echo Park. See**  
**[www.thepuppetco.org](http://www.thepuppetco.org).**

**Lynn Silverman and**  
**her grandson**  
**Michael Mosier take**  
**a closer look at the**  
**puppets.**

### POTOMAC LIBRARY EVENTS

#### POTOMAC COMMUNITY LIBRARY

10101 Glenolden Drive, Potomac Village  
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Find many more events at <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp>

**Storytime for Babies:** Thursday, Jan. 27, 10:30 a.m. Stories, rhymes and songs for babies from birth to 11 months and their caregivers. No registration required.

**Free Bone Builders Exercise Class** for Adults: Thursday, Jan. 27, 3 p.m. Also 3 p.m. Tuesday, Feb. 1;

Thursday, Feb. 3; Tuesday, Feb. 8; Thursday, Feb. 10; Tuesday, Feb. 15, etc. Exercise class led by trained volunteers. Incorporates balance and weight training proven to increase bone density. Wear comfortable clothing and athletic shoes. Must attend both classes each week. Class size limited. Call Shawn Brennan 240-777-1350

**Celebrate Chinese New Year:** Jan. 29; 10:30 a.m. Chinese lion dance, yo-yo demonstrations and Chinese arts and crafts presented by the Madison Chinese Dance Academy.

Program sponsored by the Friends of the Library, Montgomery County, Inc.

**Live Chamber Music Performance:** Saturday, Jan. 29, 1 p.m. Live classical music featuring the performing members of the Adult Student Music Forum. Pianist Ellen Tenenbaum and colleagues will perform such works as Mozart's "Twinkle Twinkle," Chopin waltzes and other gems of the classical repertoire. Free program. No registration required.

**English Language Conversation Club:** Saturday, Jan. 29, 3 p.m. Join in practicing and improving your spoken English with the help of volunteers leading discussions. 2 hours. Drop-in. No registration required. Also Feb. 5 and Feb. 12 at 3 p.m.

**Parent Workshop: Dealing with a Strong-Willed Child:** Monday, Jan. 31, 7 p.m. Is your child determined, argumentative, volatile? Help him or her and restore family tranquility. A YMCA Youth & Family Services program. Register at 301-229-1347 or email [parenting@mcadc.org](mailto:parenting@mcadc.org). 2 hours.

**Chinese Book Discussion:** Tuesday, Feb. 1, 6 p.m. Chinese book discussion in Chinese language. "Dear Andreas" by Yingtai Long. Ask for book at Circulation Desk. 2 hours. No registration required.

**Bi-lingual Family Storytime:** Thursday, Feb. 10, 10:30 a.m. Helena Luk presents a bi-lingual, Chinese and English, storytime for families. No registration required.

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# No Bus, No Problem for Bulldogs

Churchill looks past possible distraction to extend win streak to 10 games.

BY JON ROETMAN  
THE ALMANAC

**M**onday evening got off to an inauspicious start for the Churchill boys basketball team when the bus scheduled to take the Bulldogs to their game at Northwest High School didn't show. Instead, the seniors hopped in their cars and drove their teammates to the Germantown school. "We were waiting for like 15 minutes," junior Thomas Geenen said.

Churchill could have used the break in routine as an excuse. But once the game started, the Bulldogs played with aggression and turned the Jaguars into the team standing around, wondering what was happening.

Churchill scored the first 10 points of the contest and turned a 10-point halftime lead into a blowout during a 70-48 victory. The Bulldogs (13-2 overall, 7-0 district) extended their win streak to 10 games and sit alone atop the 4A West division standings.

"The bus just didn't show up today," junior Christian Bonaparte said. "We tried to put that to the side and just focus on the game."

Focus wasn't a problem for Churchill, which built a 10-0 lead in the game's opening 2 minutes, 13 seconds. The Bulldogs were attacking the rim, moving the ball well in transition and playing with confidence. Northwest battled back to tie the game early in the second quarter, but Churchill regained separation with a 14-2 run and led 33-23 at halftime.

That's when the Bulldogs took over.

Churchill scored the first eight points of the second half and led by 20 late in the third quarter. Northwest (7-6, 5-3) pulled to within 13 in the fourth, but the Jaguars never posed a serious threat.

Churchill started its 10-game win streak with a 51-47 victory over Northwest on Dec. 20 in Potomac, a game which came down to free-throw shooting in the final minute. The second time around, Churchill erased thoughts of a dramatic finish early in the second half.

"Northwest is a talented team and I thought our guys came ready to play," Churchill head coach Matt Miller said. "They really wanted this one. Last year they swept us and we were [pumped] up to see if we could return the favor."

The 70 points marked Churchill's best offensive performance on the road this season and second-largest scoring output overall. The Bulldogs continued with their "everyone contributes" approach, featuring seven players who scored at least seven points. Bonaparte led the way with 13 points and Geenen and Jesse Smith each scored 11. Dominique Williams finished with nine points, Kyle Edwards and Quan Gill each scored eight and Sam Edens added seven.

"I think we're starting to click a little bit offensively, which is nice to see," Miller said. "Guys are sharing the ball and we're cutting down on our turnovers, we're being smart with the ball and attacking in opportune moments."

Geenen posted a double-double, grabbing



**Churchill's Thomas Geenen, seen earlier this season, scored 11 points and grabbed 15 rebounds during a win against Northwest on Monday.**

15 rebounds. Of Churchill's 16 second-half rebounds, Geenen snagged 11 of them.

"He's always giving us at least 10 every game," Miller said. "It's a luxury that we have."

He does a nice job pulling them down on both ends of the floor and getting us some extra possessions and keeping [the opponent] from getting some. Early in the game, [Northwest's Ramel Davidson, A.J. Ferreira and Brian] Duruji, they were doing a very good job getting them some extra possessions. I thought Thomas, especially in the

second half, really stepped up and took ownership of the glass."

Geenen, who scored four points during Churchill's game-opening 10-0 run, said the team's fast start made a difference.

"I think we just jumped on them early, kind of discouraged them," Geenen said. "Once we were just pounding the ball, bringing it up the court, beating their press, they kind of gave up a little bit, gave us easy baskets."

The loss left Northwest head coach Jesse Irvin frustrated.

"They're better than we are," Irvin said. "... We're going to see them again in the playoffs so we've got to figure out a way to beat them."

Churchill is off to its best start in three decades. The Bulldogs haven't lost since Dec. 17, when they fell to three-time defending state champion Springbrook 53-45 two days after losing to Magruder 60-47.

Churchill last won a state championship in 1978.

"It's a real confidence booster," Bonaparte said of making Churchill history.

Miller said the team is dealing with success well.

"I think they're doing an excellent job handling it one game at a time," he said. "It's new territory for Churchill basketball and it's new territory for each one of these guys, individually. I think they really like the taste of success."

"They remember what it feels like to lose to Springbrook and Magruder and have our share of losses last year. They know what it feels like to be on the other end. Sometimes you've got to touch the burner to realize how much you enjoy winning and how good it feels afterward."

Churchill will host Bethesda-Chevy Case at 7 p.m. on Jan. 26.

## Churchill Girls Lose Battle of Division Heavyweights

BY JON ROETMAN  
THE ALMANAC

**S**arafina Arthur-Williams morphed the idea of a comeback by the Churchill girls basketball team from fairy-tale status to believable when she scored on a putback with 3:16 remaining in Monday's fourth quarter. Facing a Northwest team suddenly playing out of control, the Bulldogs trimmed an 18-point fourth-quarter deficit to eight and the Jaguars showed the potential to come unglued.

Churchill held Northwest scoreless for a 7-minute stretch and allowed just one field goal during the final 11 minutes. But neither feat was enough to win as the Jaguars held on for a 47-33 victory during a matchup of the 4A West division's top two teams at Northwest High School. Arthur-Williams' putback cut Churchill's deficit to 39-31, but Northwest made six free throws and a layup down the stretch.

The Jaguars (11-4 overall, 7-1 division) improved their win streak to 10 games and sit in sole possession of first place in the division standings. Churchill (9-5) dropped to 5-2 in the division.

"I definitely think we showed a lot of heart at the end," Churchill guard Leeda Jewayni said. "We knew we were down and pushed ourselves."

Churchill trailed 21-15 at halftime and Northwest quickly pulled away in the third quarter. The Jaguars opened the second half on a 14-0 run and led 39-21 entering the final period.

Arthur-Williams, a 6-foot-1 post, scored 16 points and grabbed 13 rebounds, including five points and four boards during the fourth quarter.

"Sarafina played an awesome second half," Churchill head coach Kate McMahon said. "Really, when she gets back into it, she

SEE CHURCHILL GIRLS. PAGE 10



**Sarafina Arthur-Williams (50), seen earlier this season, and the Churchill girls basketball team trimmed an 18-point fourth-quarter deficit to single digits before falling to Northwest on Monday.**

### SPORTS BRIEFS

#### Whitman Boys Beat WJ

The Whitman boys basketball team defeated Walter Johnson 56-52 on Monday, giving the Vikings back-to-back wins while improving their record to 6-8. Whitman will host Wootton at 7 p.m. on Jan. 26.

#### Whitman Girls Win

The Whitman girls basketball team beat Walter Johnson 58-46 on Monday.

The Vikings have won two straight after suffering their first losses of the season in consecutive games. Whitman (12-2) will host Wootton at 5:15 p.m. on Jan. 26.

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## Not Just Any Friday...



By KENNETH B. LOURIE

But Friday, Jan. 7, 2011, the date of my most recent post-scan appointment with my oncologist. The date when the results of those previous week's scans will be shared with Dina and me. The appointment when we will learn if my stage IV lung cancer has progressed – or not. And what we learned is, news we can live with: "No change." The tumors have not grown or moved. The status is quo. I am doing "Amazing," according to my oncologist. Two years into my treatment, and it's not, to invoke a Boston expression, "Katie bar the door;" which means trouble, sort of, figuratively speaking.

So what's next? No one knows for sure and that's the problem. Although not nearly the problem the original pain in my ribcage has turned out to be. But still a problem. A problem of the unknown. What to do, how to treat, a patient who has now outlived his prognosis and who has been on a chemotherapy drug – Avastin, longer than any other patient his oncologist has previously treated, and a patient who is as symptomatic and progressing as well as I am? "Uncharted territory" is how my oncology nurse has described my future.

But it's a future. A future that two years ago was not exactly promised to me. Not that promises are likely ever made to cancer patients during chemotherapy, but you get the idea I'm sure. And not that I ever took the characterizations personally but, after all the testing is completed to determine "the underlying problem" (as I call my lung cancer/diagnosis), you become a statistic, a compilation of data – which, according to medical science/history indicates/corresponds to a certain time line (I hesitate to use the term "deadline" anymore). And neither is that time line promised, but presumably, there is some methodology to their madness and statistical presumptions, so it's a bit hard to ignore. Although, you try.

Nevertheless, it's a weight – and a wait, too. It's all about what happens next: results from lab work, X-Rays, CT scans, MRIs, physical examinations, etc., to determine your fate. Some of it is in your control, most of it is not. And upon reflection, you may recall what your oncologist said to you back in February 2009: there are exceptions to every rule – and he hopes that you are one of them. However, he was not the least bit encouraging. Presumably he is duty-bound and medically and ethically motivated as well, not to provide too much false hope. In my case, he didn't. Moreover, he suggested that perhaps I take that vacation I always wanted to. WHAT!?

But here I am, two years post diagnosis; an exception to the rule. You can now officially throw the statistics out the window. And though I am thrilled to be here (Duh!), here is where few of us have ever been before, unfortunately. As a result, there are no real treatment protocols to follow and so my oncologist has much less medical data on which to rely and more anecdotal-type feelings from me, the patient, to consider as he/we decide how best to proceed/how to treat. Not that the diagnosis-/treatment-to-date hasn't been collaborative, it has; it's more that, treatment going forward, there's less conventional wisdom on which to rely and more dependence on unconventional wisdom – mine, to decide dosages, frequency of chemotherapy and scans, etc.

This new decision-making, combined with where I am relative to my original prognosis/time line scares the living daylight out of me – if you want to know the truth. If you don't want to know the truth, welcome to the other half of my brain. Can you say dichotomy? (I can't, anymore than I can say "deadline".)

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

## NEWS



Rebecca Kahlenberg and Salma Ali, co-founders of MoverMoms.

## For Haiti

FROM PAGE 5

tivity bi-weekly and have grown to almost 200 members.

Other community service projects include "Treats for Troops," "Muffins for Moms" and "Desserts for Dads." When a crisis occurs, they provide whatever is needed from warm coats to food baskets. Their philosophy is if everyone contributes just a little, the project becomes an overwhelming success accomplishing more than they ever dreamed. In its first year, this group collected left-over Halloween candy to send to the troops; they drove a loaded station wagon to their partner, "Boaties Boxes" in Wheeling, W. Va. This year they delivered a truckload of candy which was used to fill 11,000 stockings for those serving overseas.

MoverMoms is currently organizing a trip to El Salvador for July 2011. The moms will work in a maternity clinic, teaching prenatal care, nutrition, hygiene and parenting skills. Many of the members' children will accompany their moms. They will spend their days helping in a school with Salvadorean children.

## Churchill Girls In Tough Loss

FROM PAGE 9

has that high energy. The whole team will rise up to her. I thought she showed a lot of character tonight — and she played well, too."

Northwest is the only division opponent to beat Churchill this season. The Jaguars beat the Bulldogs 52-46 in overtime on Dec. 20 in Potomac. While the score was closer than Monday's outcome, Arthur-Williams said Churchill improved on its earlier effort against Northwest.

"Personally, I think we played better tonight than we did the other game," she said. "We weren't rebounding the first game; we basically let them walk all over us. This time, we had some control; we knew what we were doing."

Katie Jenkins and Jewayni each scored seven points for Churchill.

The Bulldogs will host Bethesda-Chevy Chase at 5:15 p.m. on Jan. 26.

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# Potomac Pilates Celebrates Grand Opening

**Fitness studio moves to Potomac Tennis Club.**

BY SUSAN BELFORD  
THE ALMANAC

If one's New Year's resolution is to lose weight, build strength and tone one's body, then Potomac Pilates could turn your resolution into reality. Newly located to a larger space at Potomac Tennis Club, 10800 Potomac Tennis Lane, this fitness studio will offer a variety of workout classes with pilates equipment, cycling classes and cycling/pilates combination classes. Potomac Pilates also provides customized personal training and private pilates sessions.

Owner and trainer Reina Pratt explains why their program is different from the usual mat pilates offered at most fitness facilities: "Machinery is more beneficial to strengthening and building muscle in a long, lean position because the resistance of the spring and pulley system can be changed to provide more or less resistance. In regular pilates, only the body resistance is used — which cannot be adjusted. This is also quite useful when dealing with injured muscles, back or neck pain. We can adjust the weights to develop but not further damage the muscles, tendons or ligaments. We build the core while creating tone and definition without adding bulk. The machines also provide a more consistent work-out. Students say our sessions are challenging and intense."

Another specialized class will be the cycling/pilates combo class. This 60-minute class will combine a half hour of cycling with a half hour pilates equipment class to provide the student with both cardio and strengthening.

The 45-minute cycling classes will include the use of weights and resistance bands. Instructor Melissa Miller said, "We are using exciting, motivating music in all our



Potomac Pilates owner Reina Pratt with her instructors.

cycling classes. They are inspiring — and clients will know they have worked to capacity when they have finished."

All Potomac Pilates instructors are certified and classes are limited to 8 for pilates and 10 for cycling. "Our entire staff visited six New York studios last weekend. We explored methods of incorporating fresh new exercises and energy into our sessions. We learned how to bridge the mind with the body. Our instructors are jazzed up and ready to go," said Pratt. Potomac Pilates offers 50 classes per week for both men and women. These include beginner, intermediate and advanced pilates classes, cycling and cycling/pilates. Group pre-paid packages are \$30 per pilates or pilates/cycle combo class or \$15 for indoor cycling, teen or pilates Happy Hour Classes (those taught from 1-5 p.m.). A monthly fee of \$299 allows one to take unlimited classes each month. Two-, four- and six-month packages are also available. Drop in rates are slightly higher. Personal training sessions run \$75 per hour or \$45 per half hour.



Potomac Pilates staff demonstrate the equipment in the new studio.



Inside the new space for Potomac Pilates at the Potomac Tennis Club.

PHOTOS BY RUSSELL HIRSHON

## LETTER TO THE EDITOR

### Support the Library

To the Editor:

Thank you for the Friends of The Library book sale photo in a recent issue of The Almanac. Beyond the photo is a story of years of tireless efforts by a small number of library supporters conducting monthly book sales and raising thousands of dollars to enhance The Potomac Library and its services from the generous contributions of used books from the community. These funds have provided programs, shelving, furniture, rugs, lighting, landscaping, staff and volunteer appreciation activities and display units, without which the library would be very different from what we have

enjoyed. This year, for the first time, due to the severe budget cuts, by far the greatest of any department, the Friends have been asked to contribute directly to the materials on the shelves, normally provided by county funds.

The Potomac Chapter recently donated \$8,000 for the purchase of early readers and nonfiction. These books will belong to The Potomac Library, but will circulate throughout the county, benefiting all. The Friends now are working hard to raise additional funds for another sizeable donation to help provide needed books.

Your donation of used books to sell and your purchases of these bargains will help to meet that goal. Most hardback books sell for \$1 and paperbacks, \$.50. Book sales are

held the second Saturday of each month from 10 a.m. to 1 p.m. in the library.

Another goal of The Friends of The Library is to raise awareness of the critical plight of the libraries. County libraries were 0.97 percent of the county budget in 2008. They are 0.6 percent in 2011, with a 30 percent cut in the libraries' budget this year alone, resulting in half the money for books and other materials which was available last year, as well as a reduction in hours, services, and staff.

Another reduction in the next budget leaves little place to go other than closing one or more libraries. Imagine Potomac without its library. It is vulnerable. Potomac Library needs all the friends it can get. Amazingly, there are only 50 memberships

in the Potomac Chapter of The Friends of The Library.

Membership forms are available in the lobby of the library for those who wish join in supporting and advocating for our library. February is Library Lover's month. What better time to join the effort to save the libraries?

Support your library. Attend the programs. Check out materials.

Also during Library Lovers month in there will be a postcard writing campaign with the cards available at the library. Participate in the postcard campaign. Show that this community cares.

**Sue Shaw**

President, Friends of the Library,  
Potomac Chapter

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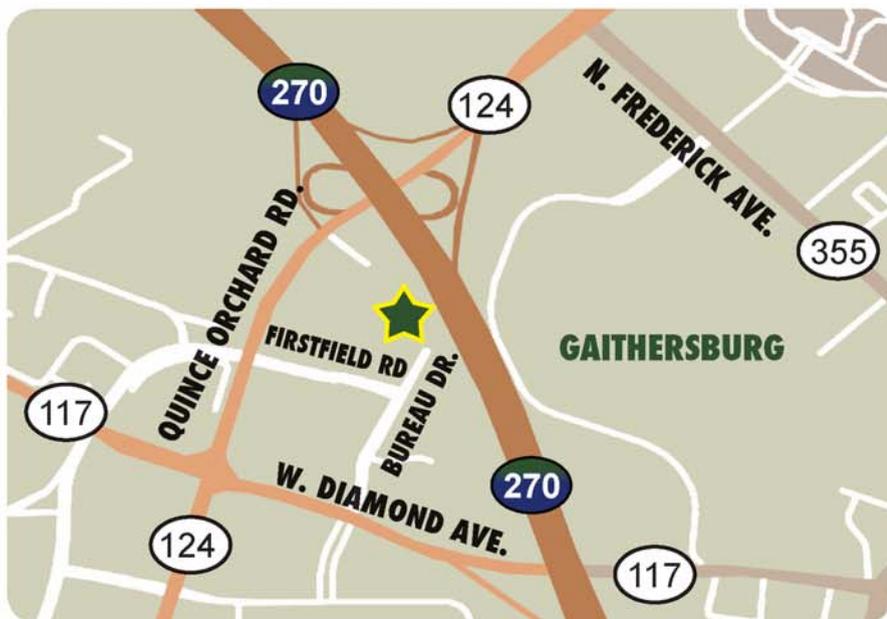
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