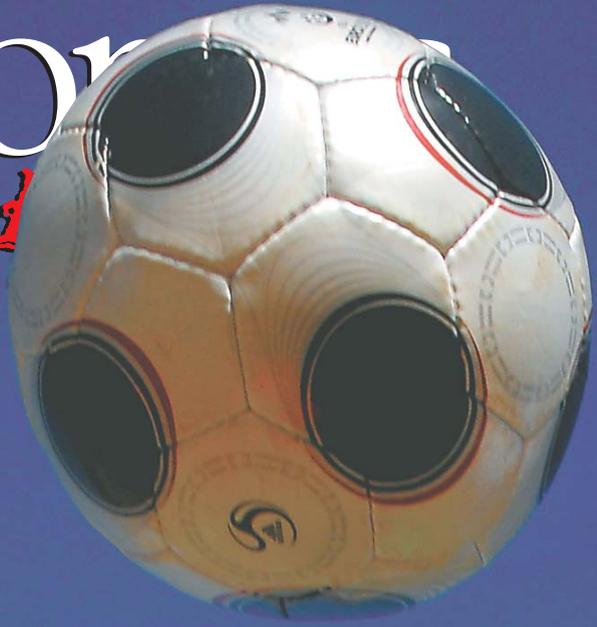


Potomac
ALMANAC



Aiming For Rink Of Dreams

NEWS, PAGE 3

Aedan McCue practices his kicking skills while participating in the 11th Annual MSI Meredith Cup TOPSoccer Festival on Sunday at Wootton High School. The event is held annually to celebrate the TOPSoccer program, which is an outreach program of U.S. Youth Soccer for children with disabilities and special needs.

Home Life Style

PAGE 9

Celebrating 100

NEWS, PAGE 3

Countdown To 'Blast'

NEWS, PAGE 2

Bullis Wins First Outright IAC Football Title

SPORTS, PAGE 16



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PHOTO BY ROBBIE HAMMER / THE ALMANAC CALENDAR, PAGE 12 ♦ SPORTS, PAGE 16 ♦ CLASSIFIED, PAGE 18

Countdown to 'Blast' Churchill prepares annual song-and-dance show.

BY SUSAN BELFORD
THE ALMANAC

Winston Churchill High School's "Blast 23: Believe" — part of the "Blast From the Past" sold-out annual song and dance shows — will be presented in December this year — a change from the usual spring venue.

In its 23rd year, "Blast 23, Believe" offers songs that reflect the power of believing in yourself and trusting in those who love you. The show inspires one to have the courage to take risks and follow dreams.

Director Carlos Barillo moved the production this year from the spring to the first week in December. "We decided that the spring is just too busy for many of the students, particularly seniors," said Barillo. "With AP tests, awards programs, prom and graduation taking place in the spring, the student were overwhelmed. Thus we decided to move the show and see if having it in the winter is a better choice. It certainly jump-started our program with the kids moving immediately into try-outs and rehearsals."

Senior Genny Austin is thrilled with the



Amy Newburger, Luke Frentsos and Genny Austin will perform in Blast 23 Believe.

theme. "It is so different from all the other productions we have done," she said. "It's about believing in yourself, superheroes, love — and it has inspired all of us to be true to ourselves and to be the best we can be." Austin has participated in Show Choir for four years and plans to minor in music or musical performance in college.

Luke Frentsos is also a senior. He will miss the performances and show choir when he

graduates. "The show choir, Blast, plays, competitions — they are all such a part of my high school life. I can't imagine life without being a part of a music program, so I will definitely continue in college."

Both Austin and Frentsos wrote their college essays about their experiences performing in "Blast."

Amy Newburger is helping with the choreography and also participates each year.



Director Carlos Barillo

"I love how we all become like a family," she said. "We are lucky to have Mr. Barillo here at Churchill to direct us in Blast. No other local high school has anything like it."

This year's production will include 170 students with 120 performers and the remaining 50 on the tech crew, orchestra and production crew. Barillo directs the show, serves as the chief choreographer, dance instructor and producer.

However, this year, he has given the students a larger role in decision-making. "I have let them choose what types of costumes will be the most effective for conveying their message to the audience. I am encouraging leadership and responsibility this year. The students are developing skills of working with groups, motivation, time management, diplomacy, patience, decision-making — all skills that carry over into life."

The songs in the show represent all aspects of everyday life, including hope, magic, family and the future. It includes tunes from the past as well as the present. It will include dancing, singing, production numbers, soloists and toe-tapping rhythm numbers. The show will also feature some holiday numbers.

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Rink of Dreams: Part Two?

Request made to turn unused in-line skating rink into safe, multi-purpose field for people with disabilities.

BY KEN MOORE
THE ALMANAC

Potomac's rink of dreams behind the Potomac Community Center was built, and in-line hockey players came. And they played — for a few years.

But now the once controversial rink sits empty and grass grows in the lengthening cracks.

Pam Yerg, the area director of Special Olympics MD-Montgomery and a board member of the Friends of the Potomac Community Center, says she has been eyeing the dormant rink for some time.

"We believe it holds huge potential value as a multi-sport facility for use by people in our county with disabilities," she said.

The rink could provide a safe, flat surface for people with disabilities who use assistive devices such as crutches, walkers, wheelchairs or prosthetics. It could be used for soccer, kick ball, T-ball, bocce and various other sports.

"It's an exciting opportunity," she said. "There are no other outdoor multi-sport and sports training spaces like this rink any

SEE RINK SOUGHT, PAGE 7



Alexis Kende and Mary Cassell, in the middle, participate in a soccer game with other athletes of the TOPSoccer program on Saturday at Wootton High School. Youth with all disabilities, including those in walkers, participate in the program, despite the difficulty getting around grassy and often muddy fields in their walkers. TOPSoccer is currently exploring the possibility of using the old inline skating rink at the Potomac Community Center for its programs, which would allow all of the athletes to compete without difficulty due to their equipment.



Elizabeth Berriman, a student at Churchill High School, practices with her buddy, TOPSoccer player Jonas Duran on Sunday during the 11th Annual MSI Meredith Cup TOPSoccer Festival.



PHOTOS BY ROBBIE HAMMER/THE ALMANAC

Savannah Williams shows off her dancing skills while practicing her soccer skills.



Rachel Williams checks out the Meredith Cup, with which she was awarded during the 11th Annual MSI Meredith Cup TOPSoccer Festival on Sunday at Wootton High School.

Potomac Resident Celebrates 100th Birthday

"No problems with blood pressure, cholesterol, hips or knees."

BY SUSAN BELFORD
THE ALMANAC

One-hundred-year-old Margaret Graham can be seen almost every afternoon walking to and from Potomac along the Falls Road walking trail with her son-in-law Dara Farzanegan. She moves along quickly with her walker for support, strolling from the Burbank Road home where she lives with her daughter Ruth and son-in-law to the Potomac Giant and back.

The centenarian apparently knows the secrets to longevity. According to her



Margaret Graham with her daughter Ruth Graham-Farzanegan and son-in-law Dara Farzanegan.

daughter, Graham-Farzanegan, "she takes no medications except a daily multi-vitamin, has never smoked or drank, and turns

everything over to God. Religion is very important to her. She attends St. Mark's Presbyterian Church every week. She eats

vanilla ice cream every day — sometimes even two or three times a day. She socializes almost every day with other seniors in an adult senior day program at Randolph Hills Senior Center. And she looks forward to her daily mile-long walk."

"She passed both her written and driving test for California at age 90 and lived on her own until she was 95," Graham-Farzanegan continues. "She is amazing. She has no problems with her blood pressure, cholesterol, hips or knees. She basically is in great health, except for her dementia. In fact, her doctor says she has the strength in her legs of a 40 year-old."

BORN Aug. 9, 1911, Margaret Ryan was raised in tiny Dresden, Ohio where her grandfather was the mayor. Ryan attended Ohio State University and then

SEE 100 YEARS, PAGE 4

Suspect Arrested in Thefts

Detectives from the 1st District Investigative Section have been investigating several incidents of theft from vehicles in the Bethesda and Potomac areas. Detectives arrested a subject in connection with the thefts on Oct. 21.

Between March 5 and October of this year, multiple thefts from vehicles were reported to police. A majority of these thefts occurred in the Falls Road and MacArthur Boulevard areas. Additional thefts were reported in the Old Georgetown Road area of North Bethesda.

The suspect is being charged with seven counts of theft less than \$1000 and two counts of theft \$1000 to \$10,000. He is currently being held on \$50,000 bond at the Montgomery County Detention Center.

Police remind residents that thefts from vehicles can occur at any time of the day. In this case, thefts occurred during daylight hours from vehicles in which valuables were left in plain view on a seat and from vehicles that were unlocked. Residents are urged to take the following precautions to avoid theft of property from their vehicles:

- ❖ Always lock the vehicle and roll up all windows.
- ❖ Remove valuables from the vehicle.
- ❖ If valuables must be stored in the vehicle, remove them from plain sight.
- ❖ If possible, park in well-lit and populated areas.
- ❖ Install an alarm system.
- ❖ Don't leave spare keys in the vehicle.

Common items stolen from vehicles include: laptop computers, portable DVD players, cellular phones, money and credit cards, handbags/ purses, and Global Positioning Systems.

Anyone who has information about these thefts or the suspect involved is asked to call the Montgomery County Police 1st District Investigative Section at 240-773-6084.

SEE WEEK, PAGE 6

PEOPLE

Local Resident Celebrates 100 Years

FROM PAGE 3

married Earl Graham, a civil engineer who built dams. They had three children and, as Graham-Farzanegan explains, "moved every time a new dam was being built." They lived in Texas, North Dakota, Tennessee, Tehran, Iran, and California during their 67 years of marriage. Even though they were not residing in their native Ohio, her mom remained a loyal fan of the OSU Buckeyes, and always cheered them on from afar.

"One year, my mom was a math teacher, principal and president of the PTA at our little rural school in Cowan, Tenn. During the 1950s, most women were stay-at-home housewives. I was really proud of my mom for working. She taught elementary school, and also was a piano teacher. She even taught at the American Dependent School in Iran. She had wonderful organizational skills."

Graham-Farzanegan reminisces about the years in small town Tennessee. "My mom played bridge with her friends. They had a rule. If a player did not get a face card at all during the evening, the hostess would call the local drug store – and the druggist would deliver a free case of Coca-Cola to that poor player. We also had home delivery for groceries, bread and milk — and it would all go on our account. No one



Margaret Graham at age 100 walks every day.

locked their doors at all. In the summer, my mom would send us out to play or ride our bikes and tell us not to come back until dinner-time. She had a network, and always seemed to know what we were up to."

"We would always gather by the piano and she would play and we would all sing songs like 'Glow Little Glow-worm', or 'Sweet Little Alice Blue Gown,' 'Onward Christian Soldiers' or other church songs."

ONE TIP that Graham-Farzanegan would like to share with caretakers of seniors is to register with Project Lifesaver through the Montgomery County Police Department. Seniors sometimes wander and could become disoriented and lost.

Her mother wears a radio frequency identification bracelet and if she was lost, the police could immediately track her movements and find her. Officer Laurie Reyes comes to their home every month to replace the battery.

The program is free — and provides them with peace of mind, knowing that their mom is safe.

When Margaret Graham turned 100 in August, the entire family gathered for a celebration at Ruth Chris' steakhouse. "She loves to go out to eat, so it was a very special celebration of her life, said Graham-Farzanegan. "She still has a wonderful sense of humor and enjoys each day."

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ONGOING

The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area from all over the United States and around the world. The club offers such activities as bridge, mah jong, book groups, golf, luncheons and museum trips as a way to help newcomers as well as current residents to form new friendships, expand their horizons, and take advantage of the opportunities that are available in the Washington, D.C. area. Check its web site at <http://www.potomacnewcomers.com>

The winter issue of the Montgomery County Guide for Recreation and Parks Programs is now available. Recreation will begin accepting registrations for its winter programs and classes on Monday, Nov. 14. Registration for swim lessons opens on Dec. 7. Residents are encouraged to register early as many programs fill up quickly. Print copies of the Guide are available at recreation centers, park facilities, government buildings and libraries. Residents who prefer receiving the Guide in the mail can pay an annual subscription fee of \$5 and receive a full year of five issues (Summer, Fall, Winter, Summer Camps and Spring). To view the Guide online, or to sign up for a subscription, go to www.montgomerycountymd.gov/rec. Call 240-777-6840.

NOW THROUGH NOV. 30

Jewish Childbirth Class. 7 to 9:15 p.m. Cost is \$80/member; \$100/couple. Couples will learn about Brit Milah (ritual circumcision), baby-naming ceremonies, managing the transition from being partners to parents, building a Jewish home and Jewish and secular resources. At JCC of Greater Washington, 6125 Montrose Road, Rockville. For more information and to register, visit www.jccgw.org/parenting or call Jennifer Silber at 301-348-3837 or email jsilber@jccgw.org.

TUESDAY/NOV. 15

Helping Kids Develop Internal Motivation. 7 to 9 p.m. Lecture by William R. Stixrud, Ph.D. At Our Lady of Mercy School, 9222 Kentsdale Rd., Potomac. Reservations encouraged. Admission is \$10. Schooloffice@olom.org.

WEDNESDAY/NOV. 16

Virtual Town Hall Meeting. Noon to 1 p.m. Montgomery County Executive Isiah Leggett will hold another "Virtual Town Hall Meeting." County residents will be able to talk with the County Executive and ask questions through the Live Discussion with Ike Leggett webpage. Call the Office of Public Information at 240-777-6507.

Support Group — DBSA. 7:30 p.m. Depression and Bipolar Support Alliance National Capital Area. Family Support Group meets at the Parish Hall of St. Raphael's Church at 1513 Dunster Road (Falls Road and Dunster Road) in Rockville. The meeting is for the families and friends of people who have been diagnosed with depression or bipolar illness. Free. Call 301-299-4255 or 301-570-9065. Internet: www.dbsanca-family.org

THURSDAY/NOV. 17

Low Vision Support Lunch & Learn. 12:30 p.m. Macular Degeneration — Ask the Doctor with Richard A. Garfinkel, M.D. At Friendship Heights Village Center, 4433 South Park Ave., Chevy Chase. Call for Reservations at 301-656-

2797.

THURSDAY/DEC. 1

Open House. 9 to 11 a.m. Chat with teachers, students, parents, and administrators as well as take a tour of the school. At Norwood School, 8821 River Road in Bethesda. Visit www.norwoodschool.org.

SUNDAY/DEC. 4

National Security Challenges. 10:25 a.m. Peter Wilson, Associate Senior National Security Analyst, RAND Corporation, will present "National Security Challenges Facing

the Obama Administration." At River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Call 301-229-0400 or visit www.ruuuc.org.

SATURDAY/JAN. 7

Open House. 1 to 3 p.m. Chat with teachers, students, parents, and administrators as well as take a tour of the school. At Norwood School, 8821 River Road in Bethesda. Visit www.norwoodschool.org.

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 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 karloff@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 <http://www.montgomerycountymd.gov/vasap> or 240-777-1355.

LET'S TALK Real Estate



by
Michael Matese

Hottest Trends for Luxury Homes

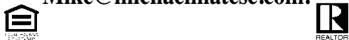
What's trending in luxury homes today that could help sell your house? Quite a few things, beginning with an Outdoor Kitchen. Instead of settling for the gas grill and custom made table, buyers are looking at beautiful outdoor entertaining areas. With the outdoor season here an outdoor kitchen is perfect for entertaining! Also at the top of the list is a custom wine cellar. Instead of a wine fridge, try a custom made space to tuck away that bottle of Chateau Margaux!

Make your buyer feel like if they buy your house, they'll never need a suite at the Four Seasons again to experience a spa like atmosphere. Just install warming drawers in your bathroom. An electric chassis along the bottom of the drawer allows it to warm up to four towels at a time.

Banish those timers from your home! Install a computer program to take care of everyday tasks and buyers will love never having to get out of bed to check if the doors are locked nor worry that the house looks empty when they're away.

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THIS WEEK IN POTOMAC

FROM PAGE 4

20,000 Sign Petition for Farm

More than 20,000 people have joined a campaign on Change.org urging officials in Montgomery County to save a 31-year-old organic farm instead of destroying it to build private soccer fields.

Farmer Nick Maravell, Montgomery County residents, and the Montgomery Countryside Alliance, an agriculture conservation non-profit, are leading the campaign on Change.org to save Nick's Organic Farm, the county's only organic seed farm. The online campaign asks the Montgomery County Board of Education and County Executive Ike Leggett to conserve the farm and turn it into an education center rather than letting a private athletic organization turn the farm into private soccer fields.

Maravell has leased his farmland from the Board of Education for the past 31 years. In March, the Board told Maravell they had rescinded his permit and would be transferring it to the County so that an athletic organization could build private soccer fields. After community members protested, the Board postponed the transfer, allowing the farm to remain on the land for the remainder of the year. Unless the Board or County Executive reverse the decision, Maravell will be forced to vacate his farm in January 2012.

Supporters of Nick's Organic Farm are planning a call-in day to County Executive Ike Leggett on Nov. 16 and will deliver signatures from the online petition campaign on Change.org to the Board of Education on Dec. 6. To view live signatures of the petition to save Nick's Organic Farm: <http://www.change.org/petitions/turn-a-30-year-old-organic-farm-in-maryland-into-a-food-education-hub-not-soccer-fields-2>

St. Andrew's Mourns Rooney

The St. Andrew's Episcopal School community is mourning the loss of St. Andrew's grandparent and journalism legend Andy Rooney according to a posting on its website.

Rooney was the grandfather of St. Andrew's graduates Justin Fishel '97 and Benjamin Fishel '01. A fixture of American television, newspapers and radio over several decades, Rooney was best known for his work as a correspondent and contributor to CBS' "60 Minutes" news program. He appeared on the program from 1978 until his final show on Oct. 2, 2011.

In a letter dated February 1995 to former St. Andrew's Headmaster James Cantwell, Rooney expressed his "genuine interest" in St. Andrew's and looked for ways and time to help the institution.

In 1997 and 2001, he delivered commencement remarks to the students graduating from St. Andrew's. Much as he did on television every Sunday night — he shared bits of wisdom with students and his audience.

"Along with philosophy, everyone ought to study the religions of the world," Rooney told the Class of 2001 at the National Cathedral. "... It would be a good idea to read both the Bible and Koran because they are having such an effect on the world. Religion and geography are the two principal causes of war, so it's a good idea to know something about both."

Rooney died in New York City at age 92.

School Reduces Energy Costs

Responding to the call of good stewardship, and using Pepco's rebate program, St. James Episcopal Church in Potomac, has found energy dollar savings by launching a lighting retrofit program. The cost of the work will be paid for in rebates and electricity savings in less than two years.

Trunnell Electric technicians recently completed the retrofit of nearly 200 aged fluorescent light fixtures throughout the main church building and the parish hall/ classrooms to new technology tubes and ballasts. One new electronic ballast (or transformer) replaced two old magnetic ballasts for each 4 tube fixture. The old inefficient 40 watt tubes were replaced by 28 watt which at the same time improved light output.

Trunnell also replaced 23 old exit light fixtures with new LED exits garnering additional energy savings and rebate dollars from Pepco. Air conditioning costs are lower too. The newly retrofitted lights burn cooler thus reducing air conditioning loads during the hot summer months. And the new tubes and ballasts last longer. See www.trunnellelectric.com.

NEWS



Rabbi Stuart Weinblatt and Wolf Blitzer



The audience for the Ifshin Memorial Award Ceremony.

Congregation Awards Wolf Blitzer

Congregation B'nai Tzedek in Potomac, held its 14th Annual David Ifshin Memorial Award ceremony on Thursday, Oct. 28. This year's recipient was Wolf Blitzer, CNN's lead political anchor, and anchor of The Situation Room, who is known for his in-depth reporting on international news. The award is in memory of David Ifshin, a member of B'nai Tzedek, who died in

1996 at the age of 47. Ifshin served as General Counsel to AIPAC, counsel to the presidential campaigns of Walter Mondale and Bill Clinton, and established the Institute for Democracy in Vietnam with U.S. Sen. John McCain. This award honors individuals devoted to Ifshin's passion: the ideals of public service and building bridges between various and often-contentious sectors of the world.

LETTER

Gatorade On Gatorade

To the Editor:

I recently read your article in Potomac Almanac ["Survival of the Fittest," Aug. 17-23, 2011] and would like to make sure you have the most current information from Gatorade. Your article discusses the best ways to hydrate; mentions that "Gatorade actually does not do much for the average active person and that Gatorade's excess of sugar and lack of electrolytes do not give the body the support it needs when put into an active state, which is why G2 was created."

I would like to point out that the carbohydrates, sugars and calories are functional in Gatorade, and are meant to provide fuel for athletes.

The ingredients in Gatorade are backed by years of scientific research that support the need for carbohydrate sugars for fuel during training or competition, and we only recommend Gatorade during the active occasion.

For those looking for a lower-calorie sports beverage, Gatorade offers G2 (as you mentioned), which delivers the same amount of electrolytes as original Gatorade, but with half the calories. Gatorade also recently introduced G Series FIT O2 Perform, which is designed for a fitness athlete and has 20 calories per bottle and also the same amount of electrolytes as traditional Gatorade Thirst Quencher.

Katie Montiel
Gatorade Communications
Chicago

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TOPSoccer gives area youth with disabilities and special needs the opportunity to play soccer with other youth despite. For some of these players, like Mary Cassell, it can be difficult to move around a grassy field because they use a walker. Pam Yerg of MSI TOPSoccer wants to fix this by converting an old inline skating rink at the Potomac Community Center into a playing surface for TOPSoccer and other Special Olympics sports programs that will allow all athletes to play.

Adaptive Roller Rink Sought

FROM PAGE 3

where in Montgomery County, which is why we believe it presents a unique opportunity to serve some of the community's most underserved citizens."

Yerg coordinates the TOPSoccer adaptive program, part of Montgomery Soccer Inc. (MSI), designed for athletes ages 6-21 with a variety of disabilities.

She has players who use crutches and walkers who "struggle through the ruts and the grass and the mud," to be part of activities, she said.

The rink could also benefit Wounded Warriors, an organization supporting disabled veterans in partnership with Walter Reed National Medical Center and Disabled Sports USA.

"So many war veterans are struggling to return to normalcy after maiming injuries," said Penny Heltzer, also a member of the Potomac Community Center board.

Senior citizens, other adults who have loss of mobility, and even those with macular degeneration could use the rehabilitated rink, which would provide both a smooth surface and a safe place to exercise.

Yerg already knows Wounded Warriors and a number of private and public organizations, such as Potomac Adaptive Sports Association, her program TopSoccer, Kids Enjoying Exercise Now and Potomac Community Resources, which could emerge as partners.

"I don't know if I would be talking about this if we were starting from scratch with the current fiscal situation," Yerg said. "When you have a facility already in place that is not being used it just makes sense."

Yerg sent her proposal to County Executive Isiah Leggett at the end of October.

"We have gotten the communication and are interested in it," said Patrick Lacefield, public information director for Montgomery County. "Right now, we are in the exploratory stage. Obviously, there is a need for therapeutic recreation facilities."

Since then, Yerg says she has obtained estimates that substantiate her theory that the cost of demolishing and bulldozing the site and resodding the field would be comparable to the cost of resurfacing the rink.

But the opportunities for inclusion are priceless.

The Alexandria ANTIQUES SHOW

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The man
who is
prepared
has his
battle
half
fought.

—Miguel de Cervantes

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PEOPLE



PHOTO BY DEBORAH STEVENS/THE ALMANAC

American Girls

The American Girl Fashion Show was presented by the Prevention of Blindness Society of Metropolitan Washington at the Bolger Center in Potomac on Sunday, Nov. 6. Marcela Falck-Bados and Sarah Hoffman of Walt Whitman High School are at the podium.



At the American Girl Fashion Show were, from left, Sophia Trone with her doll Molly, Melissa Goldstein with her doll Ruthie, and Rowan Talmadge with her doll Emily.

Authors at the fashion show: Diane Heiman who wrote "See What You Can Be," Sharon Cindrich who wrote "Smart Girls Guide to Style and the Internet" and Valerie Tripp whose books are about most of the historical fiction of the American Girls.



MILITARY NOTES

Birahim Thiam has been appointed to the student leadership organization of cadre within the Air Force Junior Reserve Officer Training Corps at Randolph-Macon Academy. He is the son of Oumou and Idrissa Thiam of North Potomac. Birahim, a senior at R-

MA, received the rank of First Lieutenant and the position of Golf Flight Commander. Only students with records of strong academics and leadership abilities are eligible for the Academy's cadet officer and non-commissioned officer ranks.



PHOTO BY COLLEEN HEALY/THE ALMANAC

Read All About It Luxmanor Elementary School third graders in Mr. Dwight Lakner and Mrs. Melissa Segal's classes appreciate a talk by reporter Colleen Healy for career day.



PHOTO BY DEBORAH STEVENS/THE ALMANAC

In Performance

In the quartet performing at Glen Echo Park last month from left are Allan Bentovsky, bass; David Martin, drums; Steve Long, piano, and Eric Brooks, saxophone.



PHOTO BY BONNIE HOBBS/THE ALMANAC

First

Ryan Hanson, 23, of Bethesda, won the 18th annual Goblin Gallop 5K in Fairfax, Sunday, Oct. 30, with a time of 15:43. The event raises money for the John Quadrino Foundation to Benefit Children with Cancer. Hanson is a research fellow at NIH and runs 80-100 miles/week.

PEOPLE NOTES

National Philharmonic President Kenneth A. Oldham Jr. has been selected the winner of the 2011 Montgomery County Executive's Excellence in the Arts and Humanities Emerging Leader Award. Oldham is being recognized for his outstanding accomplishments and demonstration of exceptional leadership, innovative thinking and a commitment to advancing Montgomery County's arts and humanities.

Dream Kitchen for Real Life

BY MARILYN CAMPBELL
THE ALMANAC

Cary Prokos feeds hungry crowds six days a week, so it might seem unlikely that the chef and proprietor of Normandie Farm Restaurant would want to spend his free time hosting dinner parties for crowds of 100 at his Potomac home. But he does just that.

In fact, Prokos and his wife Margery designed their kitchen to accommodate both their active family and their penchant for entertaining.

"I really wanted [appliances with] fire-power," said Prokos. "But I didn't want the stainless steel look because I am surrounded with stainless steel all day long."

The Prokoses hired O'Neill Development to create a space that was large and free-flowing to serve as a breakfast room for the couple's three children, but chic and elegant enough to accommodate dinner parties for friends and family.

"We were all a little nervous about building a kitchen for a chef," said Brendan O'Neill Jr. "But [Cary] had a good idea about what he wanted, how he wanted to set it up and how much room he needed. He was the ideal kitchen client."

Cary and Margery needed a combination of power and polish. O'Neill covered industrial-strength appliances, including a Sub-Zero refrigerator with separate freezer, with wood panels that were stained to match the cabinets, adding uniformity. The couple chose wide plank wood flooring, also in the same color.

"We had to mix three stain colors to get the shade that we wanted," said Prokos. The kitchen has Thermador convection ovens and a stand-alone icemaker. In the center of the room is an island with a black granite countertop that matches the surrounding counters.

The Prokoses even built a counter with



PHOTOS BY MARILYN CAMPBELL

Margery and Cary Prokos designed their kitchen to accommodate both their penchant for entertaining and their active family. "I make my kids breakfast and serve them at the counter top before they run off to school," said Cary Prokos, chef and proprietor of Normandie Farm.

their children in mind. "I have stools for my kids, and I cook them breakfast in the morning," said Prokos. "One wants pancakes, one wants scrambled eggs and one wants French toast. I make the breakfast and serve them at the countertop before they run off to school."

Behind the counter are glass doors that let in natural light. "I also enjoy the view outside," said Cary Prokos, referencing his flagstone patio and manicured backyard.

Adjacent to the kitchen is a large butler's pantry with a second island and refrigerator. "The butler's pantry is where I stage all my preparation for my parties," said Cary Prokos. It even has a Miele espresso machine built into the cabinetry.

"The O'Neills did an amazing job," said Margery Prokos.

"The flow is good and the functionality of it," added Cary. "It is all heavy-duty equipment that gives me the fire power that I'm looking for when I'm at home and have 100 people coming over."

The O'Neills say they are seeing a trend of open, free-flowing kitchens that are connected to other parts of the house both architecturally and spatially.

"What we're seeing is larger kitchens that are connected to the family areas," said Brendan O'Neill Sr. "The kitchen and breakfast areas are the central focus of the house where people spend most of their time."

When another Potomac family decided to redesign their kitchen, they wanted to cre-

ate a room that flowed and blended with other parts of the house.

The O'Neills matched the wood used for the kitchen cabinetry with the wood in other parts of the house, including wooden beams on the vaulted ceiling on the family room. There is even a table in the kitchen that was made from the same wood.

"All of the wood is the rift white oak that flows throughout the house," said O'Neill Jr. "You can see it on the wainscoting on the walls in the family room. The kitchen floats into the family room."

"The refrigerator was cased and built into the wall so it looks like another door, its almost hidden."

They also added a custom-designed copper hood and matching farm sink. "What makes it look ornate is that it was hand-hammered," said O'Neill Jr. "It is a beautiful piece that is not overbearing."

The result is subtle elegance. "You walk in and say 'Wow, this is a beautiful kitchen,' but you're comfortable cooking in it, and you don't feel like you're cooking at the Palace at Versailles," said O'Neill Jr.



Adjacent to the kitchen in Margery and Cary Prokos' home is a large butler's pantry with a second island, refrigerator and a Miele espresso machine that is built into the cabinetry.



Margery and Cary Prokos with their three children at breakfast.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

IN SEPTEMBER 2011, 33 POTOMAC HOMES SOLD BETWEEN \$1,850,000-\$495,000.

Top Sales in September



1 10301 Iron Gate Road, Potomac — \$1,850,000

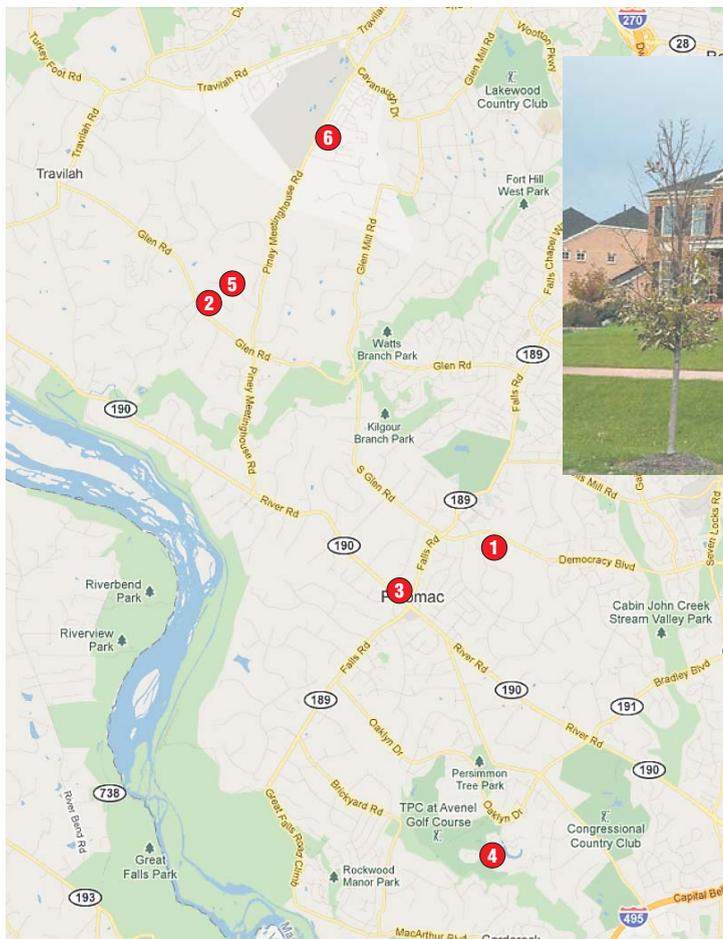


2 12205 Scarlet Tanager Drive, Potomac — \$1,830,000

3 10276 River Road, Potomac — \$1,700,000



4 9618 Beman Woods Way, Potomac — \$1,525,000



5 12210 Greenbriar Branch Drive, Potomac — \$1,520,000



6 13305 Cloverbrooke Drive, Potomac — \$1,327,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 10301 IRON GATE RD	5	..7	..2	POTOMAC	\$1,850,000	Detached	2.02	20854	CAMOTOP	09/30/11
2 12205 SCARLET Tanager DR	6	..5	..2	POTOMAC	\$1,830,000	Detached	0.55	20854	ESTATES@GREEN BRIAR	09/30/11
3 10276 RIVER RD	5	..5	..1	POTOMAC	\$1,700,000	Detached	4.48	20854	POTOMAC OUTSIDE	09/23/11
4 9618 BEMAN WOODS WAY	6	..4	..2	POTOMAC	\$1,525,000	Semi-Detached	0.16	20854	AVENEL	09/15/11
5 12210 GREENBRIAR BRANCH DR	5	..5	..2	POTOMAC	\$1,520,000	Detached	0.46	20854	GREEN BRIAR PRESERVE	09/27/11
6 13305 CLOVERBROOKE DR	5	..5	..1	POTOMAC	\$1,327,000	Detached	0.34	20854	PINEY GLEN VILLAGE	09/15/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM

Man against Moisture

The battle continues.

BY MIKE DENKER
SPECIAL TO THE ALMANAC

A thousand years of building technology, designed to take advantage of the effects of gravity comprise our basic bulwark against water inserting itself unpleasantly into our lives. Added tools include sealants, pipes and pumps.

Gravity will inevitably keep rain, snow, and sleet falling upon our roofs which then should prevent its entering our homes, and modern plumbing should keep water in the pipes, but there are lots of hurdles along the way. Here are a few odd ball areas to keep an eye on.

ROOF PIPE COLLARS Up on the roof in the blazing sun are some ticking time bombs when it comes to roofs. These are the pipe collars or vent collars made up of a metal plate that replaces a shingle or two plus the rubber gasket that grips the pipes that emerge from the roof for the purpose of venting our plumbing systems. When a roof is new, the rubber gasket is soft and elastic, and the collar grips the pipe to keep water from penetrating into the home below. However, as the roof ages, the rubber naturally degrades and becomes brittle and hard. Ideally, when a roof is replaced, these collars are also replaced. It used to be that roofs were routinely replaced every 15 or 20 years. New roofing materials have extended the life of roofs to 50 years and beyond. Pipe collars will most likely not last that long, and, more over, if they had not been swapped out when the roof was replaced (I can almost hear the roofer say, "They looked practically new."), then you can be sure they will begin to fail, to crack and eventually open up holes around the pipe.

Fixing this is usually not a DIY project, although it is not difficult. The definitive impediment for most of us is that it is high up on a roof with its attendant dangerous footing. I would recommend a professional. [Photo]

BATHTUB OVERFLOW

I was recently reminded that a 79-cent overflow gasket in a bathtub is the source of a large number of "leaky" bathtubs. The overflow is that perforated disc on the vertical wall of the bath tub below the tub inlet and above the drain. In fact, it is connected to the drain. It will only leak if, 1) the gasket has failed, and 2) the bather has drawn enough water to raise the level above the overflow. Note that the water level may be below the overflow outlet before the bather enters the tub and above it once the bather is in the tub.

SHOWER PANS

Below the tile in your shower and below the mortar that bonds the tile together is a impermeable membrane. The old system utilized sheet lead. Lead has been superseded by vinyl, and these days, although some builders swear by vinyl, it has been replaced by a variety of proprietary membranes,

many of them developed in Europe. All of these membranes keep that small amount of water that seeps through the tile grout from penetrating to the floor below. If the membrane becomes torn, broken, or worn out, replacing the whole bottom of your shower, at a minimum, is required. It's a good idea to first check that neither the tile floor in your bathroom nor the supply plumbing is leaking.

SUMP PUMPS

Many homes have sump pumps which pump sub-surface water out and away from your basement before it rises to the level of the floor. These are electric water pumps that sit below the level of the floor in what is called a crock—really a large plastic bucket. Every sump pump system should incorporate a check valve on its outlet pipe, so that once the pump has removed the water that has collected in the crock, the contents of the pipe can not flow back into the crock. If you hear the sump pump going on and off all the time, one of two things is going on. Either you have a spring under your basement, or you have a sump pump without a check valve that is trying to pump the same water up the pipe when it runs back down. Many sump pumps have worn themselves out prematurely for lack of a check valve. Should we have a power outage, your sump pump will also shut down unless you have a back up of some sort. These days many folks are buying generators to keep the systems in their homes going during power outages. For much less money one can buy a 12 volt back-up sump pump and battery which will function for hours to keep your sump pump working in the event you lose power. This solution is not failsafe, for it will not function for days of heavy sump pump water pumping, but, for the outage of a day or less, this inexpensive back-up will keep water from flooding your basement.

CONDENSATION FROM ATTIC HVAC UNITS

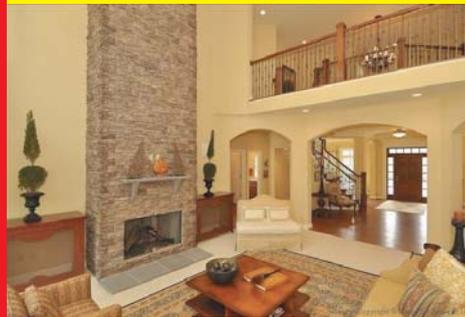
For those of us who have air conditioners, heat pumps, or high efficiency furnaces housed in our attics, there is another potential leak lying just above our heads. These units produce water either by condensing water from moist air as it cools or by condensing exhaust from gas fired heating. Either way, there is water that collects in a pan that runs by gravity through a pipe outside, or to a tiny sump pump that sends it somewhere outside. No matter which route it follows, there are potential problems. The pump may wear out. Lint, dirt, or a dead mouse may collect and clog the pan outlet. Then the water level may rise above the edge of the pan. Unless you keep an eye on and maintain these pans and small pumps, one of these days you are going to experience this variety of leak from your attic. It's far wiser to get to know your attic heat pump, furnace, a/c unit, and make sure that, when it is serviced, the pan and pump is checked and cleaned.

Next month we will leave the topic of moisture and focus on **Generators** for the home. Your comments, home problems, and questions are welcome mike@hopkinsandporter.com



OPEN HOUSES IN POTOMAC

NOVEMBER
12 & 13



10633 Willowbrook Drive, Potomac 20854
\$1,675,000 • Open Saturday & Sunday 1-4 p.m.
Autumn Ambrose, Potomac Heritage Homes, 240-453-9444

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.

Bethesda (20817)

8302 Woodhaven Blvd.....\$824,000.....Sun 1-4.....Alinda Iman.....Weichert...301-802-3162

North Potomac (20878)

12626 Lloydminster Dr.....\$644,900.....Sun 1-4.....Alexa Kempel...Washington Fine Prop...240-678-4561
13848 Mustang Hill Ln.....\$469,000.....Sun 2-4.....Krystyna Kazerouni.....Long & Foster...301-765-5121
14620 Snapdragon Cir.....\$675,000.....Sun 1-4.....Jill Aharon.....Coldwell Banker...240.328.2640

Potomac (20854)

10633 Willowbrook Dr.....\$1,675,000...Sat/Sun 1-4.....Autumn Ambrose.....Potomac Heritage...240-453-9444
11205 Tara Road.....\$1,095,000.....By Appt.....Debbie Cohen.....Long & Foster...202-288-9939
11409 Falls.....\$1,699,000.....Sun 1-4.....Norman Domingo.....Xreality Net...888-838-9044
11809 Greenleaf Ave.....685,000...Sun 1:30-4:30.....Diann Gottron.....Long & Foster...301-340-2347
6 Victory Ct.....\$644,000.....Sun 1-4.....John Lee.....Crawford/Lee...240-252-5833
7946 Inverness Ridge Rd.....515,000.....Sun 1-4.....Chris Koons-Byrne.....Long & Foster...240-672-6628

Rockville (20850, 20852)

13600 Valley Oak Cir.....\$879,000.....Sun 12-3.....Carun Gardiner.....Long & Foster...240-497-1700
10827 Hampton Mill Terr, Unit 170...\$344,000.....Sun 1-4.....Leslie Friedson.....Long & Foster...301-455-4506
11750 Old Georgetown Rd #2202...\$534,790.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
11750 Old Georgetown Rd #2208...\$309,995.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
11750 Old Georgetown Rd #2236...\$464,495.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
11750 Old Georgetown Rd #2316...\$393,395.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
11800 Old Georgetown Rd #1114...\$449,690.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
11800 Old Georgetown Rd #1325...\$423,995.....Sat 11-6.....Bob Lucido.....Toll...410-979-6074
5802 Nicholson Ln, Unit 402.....\$579,900.....Sun 1-4.....Leslie Friedson.....Long & Foster...301-455-4506

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.

ENTERTAINMENT



THURSDAY/NOV. 10

Rockapella Performs. 8 p.m. The concert features one of the most accomplished contemporary a cappella groups in the country as they showcase the supreme capability and virtuosity of the human voice. At the Music Center at Strathmore.

NOV. 9-10

Harvest of Books — Gigantic Sale. 9 a.m. to 5 p.m. Congregation Har Shalom's Harvest of Books Sale features new and gently-used fiction, Judaica, children's and teen titles, and non-fiction (ranging from philosophy to cooking, sports to history, politics to international affairs). At Congregation Har Shalom, 11510 Falls Road, Potomac. Call 301-299-7087 or visit www.harshalom.org.

THURSDAY/NOV. 10

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 at 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.

NOV. 10 TO 13

Strathmore's Museum Shop Around. 19 of Washington's finest museums set up shop at Strathmore to sell art, gifts and more. Admission is \$9/door. Hours are Thursday and Friday, 10 a.m. to 8 p.m.; Saturday 10 a.m. to 6 p.m.; Sunday 10 a.m. to 5 p.m. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

NOV. 11, 12, 13

"Kiss Me Kate." Tickets are \$20/adults; \$18/seniors; \$16/students. Show times are Friday, Nov. 11, at 8 p.m.; Saturday, Nov. 12, at 8 p.m.; and Sunday, Nov. 13, at 2 p.m. Presented by the F. Scott Fitzgerald Theatre at Rockville Civic Center Park, 603 Edmonston Dr., Rockville. Visit www.rockvillemd.gov/theatre or call the box office at 240-314-8690, Tuesday through Saturday, 2 to 7 p.m.

NOV. 12 AND 13

Pleiades Jewelry Exhibition and Sale. 11 a.m. to 5 p.m. A collection of jewelry and metalwork pieces by 20 area artists will be offered for show and sale. At The Woman's Club of Bethesda, 5500 Sonoma Road, Bethesda. Call 301-299-3497.

Bead Bazaar. Saturday 10 a.m. to 5 p.m.; Sunday, 11 a.m. to 5 p.m. Admission is \$7/adult; children under 12 free. Sponsored by the Bead Society of Greater Washington. At the Activity Center at Bohrer Park, 506 South Frederick Ave., Gaithersburg. For information, call 202-624-4500; email: BazaarBSGW@hotmail.com; www.bsgw/bazaar.org

SATURDAY, NOV. 12

Charles Shields: The Life of Kurt Vonnegut. 7:30 p.m. Learn how award-winning author Charles Shields crafted the biography of the reclusive Kurt Vonnegut. At The Writer's Center, 4508 Walsh St., Bethesda. Contact 301-654-8664 or visit www.writer.org

Czechoslovak Christmas Bazaar. Free. Crafts and holiday items and Czechoslovak dishes. Noon

to 4 p.m. Sponsored by the Czechoslovak Society of Arts and Sciences. At the River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda.

Used Book Sale. 10 a.m. to 1 p.m. Hardbacks and large paperbacks are \$1; regular paperbacks are \$.50. Christmas books will also be featured. At Potomac Library, 10101 Glenolden Dr., Potomac.

Bullis Jazz Café. 7 p.m. Guest performance with the 8 Ohms Band, featuring the music of the Bullis Jazz Ensemble and Jazz Workshop Combo. Admission is \$5/adults; \$2/students. At the Blair Family Center for the Arts on the Bullis campus, 10601 Falls Road, Potomac. Call 301-634-3677.

Falling Leaves Woodend Sanctuary Headquarters, 8940 Jones Mill Road, Chevy Chase, 10-11 a.m. Explore Woodend's forest and learn about leaves changing colors in the fall and how some trees stay green all year round. All ages welcome, but geared to children four to eight, accompanied by adult. \$5 nonmembers, free for members, no charge for adults. Class limited to 12 children. Registration required. Call 301-652-9188 or see www.audubonnaturalist.org.

Life with Small Dogs. 1:30-3:30 p.m. Free. Get real-life advice on housetraining, nutrition, health problems, safety, grooming, and training small dogs (under 25 lbs.) from Jill Siegel, Maryland Bichon Frise Rescue. Send questions to Jill ahead of time to have your specific concerns addressed. Bethesda. For more details and to register: www.yourdogfriend.info or 301-983-5913.

SUNDAY/NOV. 13

Cicely Angleton: A Celebration. 12:30 p.m. Join poets Barbara Goldberg, Jean Nordhaus, Silvana Straw, and others in celebrating the life of Cicely Angleton: poet, workshop participant, and TWC Honorary Board Member. At The Writer's Center, 4508 Walsh St., Bethesda. Contact 301-654-8664 or visit www.writer.org.

Cajun and Zydeco Dance. Admission is \$15. Introductory Cajun dance lesson at 3 p.m.; dancing from 3:30 to 6 p.m. With Jesse Lege and Bayou Brew. At the Spanish-Ballroom at Glen Echo Park. Call Michael Hart at 301-762-6730 or Glen Echo Park at 301-634-2222, or go to www.DancingbytheBayou.com.

Open Door Reading: Reading by winners of the Washington Writers' Publishing House competition. 2 p.m. Fiction winner Melanie S. Hatter reads from *The Color of My Soul*, and poet Dan Gutstein reads from *Bloodcoal and Honey*. At The Writer's Center, 4508 Walsh St., Bethesda. Contact 301-654-8664 or visit www.writer.org

Potluck Lunch. 11:30 p.m. Free. All are welcome to bring a dish to share; those not bringing dishes are also welcome. At Geneva Presbyterian Church, 11931 Seven Locks Road, Potomac.

Boom! And Broadway. 7 p.m. Tickets are \$25 to \$55. Cabaret queens Anne Hampton Callaway and Liz Callaway will bring highlights from their famed careers in the footlights. At the Music Center at Strathmore, 5301 Tuckerman Lane, North

SEE ENTERTAINMENT, PAGE 13

FINE ARTS



NOW THROUGH NOV. 13

Dynamic Environments at the Popcorn Gallery. Free. An exhibition of fine art photography celebrating the ever-changing world landscape. Katherine Andrie, Eliot Cohen, Tico Herrera, Karen Keating and Gayle Rothschild present images in both explosive color and rich black and white — exploring the art of the landscape photograph. At the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.glenechopark.org or 301-634-2274.

NOW THROUGH DEC. 5

FotoWeek. The Photo Slam Exhibition. Featuring Stephen Carroll, Victoria Porter and Michael Borek. Saturdays 1-4 p.m.; Sundays and Mondays 1-8 p.m. At Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Call 301-634-2274 or visit www.glenechophotoworks.org.

NOW THROUGH DEC. 26

Abstract and Real, or Not. Free. Abstract wall art by Felisa Federman, Amy Kincaid and Julia Latein-Kimmig; knitted silver necklaces by Nancy Pollack; metal shoes and hats by Joyce Zipperer. At Gallery Har Shalom, Har Shalom Congregation, 11510 Falls Road, Potomac. Call 301-299-7087.

NOW THROUGH DEC. 3

"Time and Place." Paintings by Robert LeMar. At the Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441 or www.waverlystreetgallery.com.

NOW THROUGH NOV. 30

Plen Air Painting by Shelley Lowenstein. Named Artist-in-Residence for the month of November at Glen Echo's Chautauqua Stone Tower. Artist reception is Saturday, Nov. 19 from 5 to 8 p.m. At 7300 MacArthur Blvd., Glen Echo.

NOV. 11 TO DEC. 9

Gallery B Exhibit: NYC Now. Features new artworks by nationally renowned, New York based, contemporary artists Margaret Bowland, Kenichi Hoshine, Choichun Leung, Jules Arthur and Jason Sho Green. At Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Visit www.bethesda.org or call 301-215-6660.

NOV. 12 AND 13

Paintings from the Chesapeake. Noon to 5 p.m. and Saturday 5 to 7 p.m. Some 20 Artists who painted on "Landscape on the Chesapeake" & Figures workshops on Tilghman Island will show their works for sale. At the Yellow Barn Studio and Gallery, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.yellowbarnstudio.com.

NOV. 25, 26, 27

"Open Roads." Recent paintings by Lynn Lewis. Lynn Lewis' paintings are acrylic and

watercolor drive-by impressions of views from rural roads and highways in Maryland, D.C., Ohio, and New England. A reception with the artist is Saturday, Nov. 26 from 6 to 8 p.m. At the Yellow Barn Gallery, Glen Echo Park. Call 301-371-5593.

DEC. 1 TO 31

Artistic Flair. 10 a.m. to 3 p.m. Paintings, decorative tables, jewelry. Come to Glen Echo Park for an exhibition of large semi-abstract paintings, watercolors and art inspired pieces by local artists, Jan Rowland and Mariana Kastrinakis. Contact mkastrin@gmail.com or jan_rowland@yahoo.com, the Yellow Barn Gallery at 1-301-371-5593 or the National Park Service, Glen Echo at 1-301-492-6229.

JAN. 3 TO FEB. 4

Memories. Ceramics and Mixed Media by Karin Abromaitis and New Work by Gallery Artists. Reception is Friday, Jan. 13, from 6-9 p.m. Meet the Artist reception is Saturday afternoons Jan. 14 and 21, from 12-2 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441 or www.waverlystreetgallery.com.



DEC. 6 TO 31

Holiday Show. All-member multi-media show. Jewelry, pottery and wearable art; paintings, prints and photos; sculpture and mobiles - all will be presented by Waverly Street Gallery members in their holiday show. Reception is Friday, Dec. 9, 6-9 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit www.waverlystreetgallery.com.

ENTERTAINMENT

FROM PAGE 12

Bethesda. Call 301-581-5100 or visit www.strathmore.org

Ensemble Avalon of Ireland. 3 p.m. Piano trio will perform music from Mozart to Beethoven to Kreisler and Bernstein. At Westmoreland Congregational UCC Church, One Westmoreland Circle, at Massachusetts and Western Avenues.

Afternoon of Trio Sonatas. 4 p.m. Conversations Among Friends is presented by the Vivaldi Project and will feature trio sonatas for two violins and continuo by Vivaldi, Corelli, C.P.E. Bach, and Handel. At the National Presbyterian Church. Tickets are \$30/adults; \$10/students. At National Presbyterian Church, 4101 Nebraska Ave., N.W., Washington. Visit www.thevivaldiproject.org.

Behind the Scenes at the PBS NewsHour. 10:25 a.m. Presented by Peggy Robinson, producer of the PBS NewsHour. At the River Road Unitarian Universalist Congregation, RRUUC Fireside Room, 6301 River Road, Bethesda. Call 301-229-0400 or visit www.rruuc.org.

Jesus, Judaism and Christianity: Problems and Possibilities. 7:30 p.m. Free. Presented by Dr. Amy-Jill Levine, author of *The Misunderstood Jew: The Church and the Scandal of the Jewish Jesus*, and co-editor of *The Jewish Annotated New Testament*. This program is co-sponsored by Saint Mark Presbyterian Church and Congregation Beth El. At Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. events@saintmarkpresby.org or 301-530-2613.

Holton-Arms 5K Run. 9 a.m. Holton-Arms 5K Run and 1-Mile Fun Run/Walk. Proceeds benefit the Infinity Wellness Foundation and the National Capital area Chapter of the Leukemia & Lymphoma Society. Register at www.holton-arms.edu/RunForWellness. Contact Nikki Reynolds at wellness@holton-arms.edu.

MONDAY/NOV. 14



SATURDAY, NOV. 12

Women Pioneers. 8 p.m. Tickets are \$32 to \$79. An evening dedicated to women pioneers. Violinist Chee-Yun will perform Saint-Saens' Introduction and Rondo Capriccioso with the National Philharmonic. Also on the program are Aaron Copland's Fanfare for the Common Man; Joan Tower's Fanfare for the Uncommon Woman and Amy Beach's Grand Mass in E-flat Major. At the Music Center at Strathmore. Visit nationalphilharmonic.org or call the Strathmore ticket office at 301-581-5100.

Floral Design Demo. 10 a.m. to noon. Tickets are \$20/each. Sponsored by the Little Farms Garden Club. Founder and two-term president of the Independent Floral Designers Association (IFDA) and Washington National Cathedral Flower Guild Member Louise Lynn will create several designs that will be auctioned. At Potomac Community Center. Contact Lizz Durante 301-299-2040.

Beth Shalom Book Club. 8:15 p.m. "The Lemon Tree — An Arab, A Jew and the Middle East" by Sandy Tolan will be discussed. At Beth Shalom Congregation, 11825 Seven Locks Rd. Potomac Contact Tanya Lampert alamp968@yahoo.com.

WEDNESDAY/NOV. 16

Open House. 10 a.m. to noon. Free. Come tour the building, visit classrooms, meet current ECEC families and teachers and enjoy a free puppet show. At Har Shalom Early Childhood Education Center.

Adult Book Club. Potomac Library, 10101 Glenolden Drive, Potomac. 1 p.m. Adult book discussion. "We Were the Mulvaney's." Ask for the book at the Circulation Desk. No registration required. New members welcome. Club will not meet in December. Call 240-777-0690 or see <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp>

Hot Tips for Today's Job Market. 10:30 a.m. Learn: The Do's and Don'ts of Resume Writing - A Key Marketing Tool, The Keys to Mastering the Interview Process and How to Expand Contacts and Successfully Network. At Potomac Library, 10101 Glenolden Drive, Potomac. To register, call the Jewish Social Service Agency (JSSA), Employment and Career Services at 301-610-8380.

NOV. 16 TO 20

"The Water Engine." Wednesday to Saturday at 8 p.m.; Sunday at 2 p.m. Tickets are \$10/regular; \$8/seniors and students. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Call the Box Office at 240-567-5301. Visit www.montgomerycollege.edu.

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SCHOOLS



Students Host Boxer

U.S. Sen. Barbara Boxer (middle) visits Washington Episcopal School with Head of School Kirk Duncan and Middle School students (from left) front row: Emily Harlan (8th), Grace Dickenson (8th), Grace Recka (8th), Strat Forrester (7th), Maimuna Tareq (8th), Alya Ahmed (7th); back row: Matthew Mangan (8th), Maddie Maher (8th), Bea Lennon (8th), May Lonergan (7th), Amiri Hill (7th), Douglas Chen-Young (8th), Matthew Jackson (7th) and Josh Dickey (7th). Boxer discussed how the U.S. government works, what led her to a career in politics, described bills she introduced, and together she and the students read aloud the Preamble to the Constitution of the United States and analyzed the meaning of each line.

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.

Emma Levitt of Potomac began her first year at Tufts University in Medford/Somerville, Mass.

Victoria Nadel, a University of Delaware freshman from Potomac, has been named a winner in an essay contest sponsored by the First Year

Experience Program and based on the book 'The Immortal Life of Henrietta Lacks'.

University of Evansville student **Henry Voss of North Potomac** went door-to-door on Halloween collecting canned goods for the Tri-State Food Bank. Voss, a member of Phi Kappa Tau fraternity who is majoring in Pre Physical Therapy, was one of 72 UE students who participated in the third annual Trick Or Eat, sponsored by UE Greek

Life. Spreading out across neighborhoods near UE's campus, the group collected approximately 700 cans in two hours on Sunday, Oct. 30.

Timothy J. Fisher of Potomac has received a Johnson Scholarship to attend Washington and Lee University. Fisher, a graduate of Saint Johns College High School, began classes at W&L in September. He was among 53 winners of the prestigious scholarships for 2011.



Aiding the Hungry

The Corporate Volunteer Council of Montgomery County board retreat was held on Tuesday, Oct. 18 at Bethesda Green. In conjunction with its meeting, the CVC-MC board made 120 bag lunches with peanut butter and jelly sandwiches for Shepherd's Table in Silver Spring. Shepherd's Table provides dinner meal service seven nights a week. Since 1983, they have served over 1,076,000 meals to those who are hungry in our community. From left: Theresa Testoni, Governor's Commission on Service and Volunteerism; Ray McKenzie, Law Office of Ray McKenzie, and Liz Huntley, MedImmune, help prepare bag lunches for Shepherd's Table.

PETS



Davey (Dog)- Male, 2 yrs., 23 lbs., neutered, Beagle mix- Davey is one of those adorable smallish dogs that is easy-going and can fit into many situations. He loves people, has lived with cats and kids, is easy on the leash and is housebroken. Davey is a cute boy that would fit in with kids, cats or other dogs and take it in stride.

Scout (Cat)- Male, 1 yr., neutered, DSH Tuxedo cat- Scout loves to explore and doesn't seem to be intimidated by dogs he's seen through the window. He doesn't mind his nails being clipped and likes other cats. Scout is an affectionate, interesting boy who would love to explore your forever home.



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.



Rhonda (Dog)-Female, 3 yrs., 67 lbs., spayed, Rottie mix- Rhonda is a loving girl who is well-mannered and tranquil in behavior. She likes people, gets along with other dogs (including yappy little ones), and isn't interested in cats. Rhonda would like a wonderful adopter who would treasure this constant companion in a forever home.



Gigi (Dog)- Female, 1 yr., 30 lbs., spayed, Smooth collie mix- Sweet, young girl Gigi lost her home due to her family's economic problems. She loves people for play and walks and is smart enough she could probably master Frisbee or flyball. Puppyish Gigi will be a great companion for an active family that likes play.



Darla (Dog)- Female, 1 yr., 47 lbs., spayed, Hound mix- Darla may be the perfect dream dog — gentle, mannered and happy. She enjoys walks and gets along well with people, dogs and cats in her foster home. Darling Darla would love to take a walk or relax with some lucky adopter, cats and other pets.



Mario (Dog)- Male, 2 yrs., 28 lbs., neutered, Terrier mix- If Mario were human he'd be the guy that is the clownish life of the party. He's funny, active like the video game character, loves all people and especially loves belly rubs. Mario is the guy for you if you want an active, loving and cheerful companion who'd keep you laughing.

CRIME REPORT

From the Montgomery County Police for Oct. 17-25.

A residential burglary occurred in the 10800 block of Deborah Drive, Potomac on Wednesday, Oct. 19 between 12 p.m. and 12:52 p.m. No forced entry; property taken.

A residential burglary occurred in the 8800 block of Mayberry Court, Potomac on Wednesday, Oct. 19 between 10:50 a.m. and 12:10 p.m. Forced entry; property taken.

An attempted residential burglary occurred in the 6700 block of Bonaventure Court, Potomac on Monday, Oct. 24 between 7:15 a.m. and 3:58 p.m.

Unknown means of entry; unknown whether anything was taken.

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Bullis running back Kevin Jones, with ball, and quarterback Kylor Bellistri, right, combined for 280 yards and five touchdowns on the ground against Episcopal on Nov. 4.



Bullis' Nick Fields (21) and J.D. Dyer (3) block for Kyven Jones against Episcopal on Nov. 4.

PHOTOS BY LOUISE KRAFT/THE ALMANAC

Bullis Wins First Outright IAC Football Title

Jones, Bellistri lead Bulldogs to 9-1 record.

BY JON ROETMAN
THE ALMANAC

Bullis head football coach Pat Cilento received a celebratory water bath on the sideline. Bulldog sophomore Steve Attah mimicked Green Bay Packers quarterback Aaron Rodgers' famous title-belt celebration and Bullis fans rushed the field when the Bulldogs' regular season finale at Episcopal ended in victory.

The Hummel Bowl in Alexandria turned into a navy blue and gold celebration of Bullis' first outright IAC title in school history as the Bulldogs defeated the Maroon 42-7 on Nov. 4. Playing in front of several hundred of their fans, the Bulldogs improved to 9-1 with their eighth consecutive victory.

"I'm so excited for these kids, for the school," Cilento said. "Did you see how many people we had in the stands? They really wanted it. They embraced our team and our team did a great job. Those kids haven't been in that situation before and I think they handled it real well."

The previous week, Bullis secured its first co-championship since 1979 with a 26-21 win against Landon. On Saturday afternoon against Episcopal, the Bulldogs took care of business with a dominant ground game that has carried the team all season. Led by running back Kevin Jones, Bullis rushed for 372 yards and six touchdowns.

Jones carried 24 times for 147 yards and four scores. The senior totaled 2,358 all-



Bullis fans support the Bulldogs during their 42-7 victory against Episcopal on Nov. 4.

PHOTO BY JON ROETMAN/THE ALMANAC

purpose yards and 34 touchdowns this season, including 2,089 yards and 30 scores on the ground.

"He's been doing a great job all year long," Cilento said. "We gave him the ball and rode his back."

According to statistics on the Washington Post's Web site, Jones led the Washington, D.C. metro area in rushing by more than 300 yards.

"I'm just excited for the school," Jones said. "I'm happy that we could break the curse — so excited we could break that."

Quarterback Kylor Bellistri rushed 14 times for 133 yards and a touchdown. Bullis faced fourth-and-two from its own 29-yard line during the game's opening possession when Bellistri, who is also the team's punter, received the long snap and decided to go

for the first down. The senior gained 24 yards on the fake punt and crossed into Episcopal territory.

"That was a read by Kylor," Cilento said. "If he can get the first down, he gets the first down. If not, he gets chewed out pretty good."

Bellistri's bold maneuver kept alive what turned out to be a 14-play, 79-yard scoring drive that lasted nearly seven minutes. Jones reached the end zone on a 1-yard run, setting the tone for a day of domination.

Bellistri finished the season with 457 yards and nine touchdowns on the ground. He passed for 898 yards and 10 touchdowns.

"It's always nice once you have a senior quarterback and a senior running back that have been through it," Cilento said. "I think

that goes a long way. They did a great job leading the team all year long."

Jones spoke highly of Cilento, Bullis' second-year head coach.

"He's a great coach," Jones said. "He gets on us all the time. He makes us work hard [and] he keeps us humble."

Episcopal received the second-half kickoff trailing 14-0. On the second play of the third quarter, Bullis sophomore Chris Aust intercepted Episcopal quarterback Austin de Butts and returned it to the Maroon 21. Two plays later, Jones gave Bullis a 21-0 lead with a 9-yard touchdown run.

The interception "showed them we're here," Aust said, "and this is our house."

After winning its season opener against St. Mary's Ryken, Bullis lost to Bishop Ireton, 35-27, on Sept. 10. The Bulldogs would not lose again, beating seven of their eight remaining opponents by at least 18 points.

"My senior year, I couldn't ask for a better way to go out," Bellistri said. "... [J]ust thinking about it, how [Bullis winning an outright IAC title has] never happened before, it's a great feeling."

"I'm just excited for the school. I'm happy that we could break the curse — so excited we could break that."

— Bullis senior running back Kevin Jones



PHOTO BY HARVEY LEVINE/THE ALMANAC

Quan Gill and the Churchill football team will host a playoff game against Gaithersburg on Friday, Nov. 11.

Churchill To Host Gaithersburg In Playoffs

The Churchill football team earned the No. 2 seed in the 4A West Region and will host No. 3 Gaithersburg in the opening round of the playoffs at 7 p.m. on Friday, Nov. 11.

The Bulldogs finished the regular season with a 9-1 record, including a 15-13 victory against Gaithersburg on Sept. 30. The Trojans finished 5-5. Churchill closed the regular season with a 14-9 victory against Sherwood on Nov. 4. The Bulldogs rushed for 42 times for 271 yards and two touchdowns.

Running back Curtis Kamara led the way with 132 yards and a touchdown on 22 carries. Quarterback Lansana Keita carried 17 times for 109 yards and a score. He also completed 3 of 12 passes for 32 yards and an interception.

Defensively, Bret Sickels led Churchill with eight tackles. He also forced a fumble.

Jacob Suissa totaled seven tackles and Nadim Elhage and Malik Harris each had six. Elhage recorded a sack and Sam Edens snagged an interception.

During the regular season, Churchill showed it could win close games, as well as blowouts. Four of the Bulldogs' nine wins came by six points or less (Gaithersburg, Northwest, Walter Johnson, Sherwood). Two of their victories came by 40 points (Kennedy, Bethesda-Chevy Chase). Churchill's only loss came against Seneca Valley, the No. 1 seed in 3A West, a 32-6 defeat on Sept. 23. The winner of Friday's Churchill-Gaithersburg matchup will face the winner of No. 1 Quince Orchard (10-0) and No. 4 B-CC (6-4).

Churchill Field Hockey Finishes Region Runner-Up

The Churchill field hockey program experienced an eight-win improvement in 2011, but the Bulldogs' season of success came to an end in the 4A West Region final on Nov. 2, where the Bulldogs lost to Bethesda-Chevy Chase, 4-2, at Walter Johnson High School.

Churchill received first-half goals from Mairin Hall and Jenn Shim and was tied with B-CC, 2-2, at halftime. The Barons scored early in the second half, however, and added an insurance goal with 3:48 remaining.

"My kids," Churchill head coach Cay Miller said, "played their hearts out today."

Churchill finished 12-3 one season after posting a 4-9 record in 2010 that included a loss to eventual state champion Westminster in the opening round of the playoffs. The Bulldogs started the 2011 campaign with eight consecutive victories and finished the regular season 10-2, earning the No. 1 seed in the 4A West Region. After beating No. 8 Northwest in the quarterfinals and No. 5 Wootton in the semifinals, the Bulldogs fell to No. 3 B-CC in the region championship game.

Roshan Promisel and Shim led Churchill with 12 goals apiece in 15 games. Alex Fox scored eight goals, Hall and Maddy Flax each had six, Chrissy Michaels and Abigail Dodson each scored five, Catherine Roberts totaled four and Mary Lee Lawrence added two.

Goalkeeper Kristina Roberts entered the region final with 65 saves. Shim, a junior, said the Bulldogs will continue working to improve. "A lot of us did camp together [in the offseason], so we could always just do camp [again] and work together," she said, "because team chemistry is one of the biggest reasons we did so well this season."

Miller said Shim, junior sweeper Alyssa Weiss and junior midfielder/defender Lawrence will be some of the team's top returners in 2012.

"This experience is a great experience [for] building from the program standpoint," said Miller, adding she brought several JV players up to the varsity level at the end of the season. "... It's so important for them to be able to see what it's like so when we come back in the future, they'll understand what the experience is like and it won't be so foreign that they'll be scared."

Churchill will lose nine seniors: Flax, Fox, Promisel, Hall, Dodson, Roberts, Eliza Farha, Jill Beauregard and Emma Barnett.

"I just can't believe these four years are over," Fox said. "My high school experience will not be the same without this team. I just don't know what I'm going to do in the following summer, in the following training season. It's just weird. ... Even though we were the underdogs last year, we worked really hard and showed that anything's possible."

— JON ROETMAN

Whitman Ends Season with Loss

The Whitman football concluded its season with a 36-8 loss to Paint Branch on Nov. 4. The Vikings alternated wins and losses throughout the season, starting with a 35-30 victory over Wootton in the opener. Against Paint Branch, running back Val Djidotor carried 17 times for 140 yards. The

senior finished the season with 1,103 yards and nine touchdowns.

Quarterback Michael Flack rushed 13 times for 68 yards and a touchdown and completed 6 of 15 passes for 82 yards and an interception. He totaled 772 rushing yards and nine touchdowns during the season and completed 39 of 107 passes for 473 yards, three touchdowns and three interceptions. Defensively, Zac Morton and Tommy Scholl each had an interception against Paint Branch.

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What Is It, Exactly?



By KENNETH B. LOURIE

And do I really want to know? Is it cancer or just middle age? Is it normal, all things and my diagnosis considered? Or is it in fact, my diagnosis rearing its ugly and insidious head, figuratively speaking? And however I answer either of these preceding questions, am I supposed to update my oncologist with any of the answers, thoughts, what-abouts? I don't want to over-act, but at some point denial is no longer a prudent course of non-action. Presumably, there is occasional cancer-related relevance to something I'm feeling – or thinking, isn't there? I mean, I'm terminal. I'm not supposed to skip merrily along as though I've not outlived my original prognosis by months/years, depending on when you start counting: "13 months to two years." (I've just passed my 32-month anniversary; some anniversary.) Something's got to give, or is there something I'm supposed to get?

However, if I were actually to listen – and react to what I'm writing (thinking/feeling/saying), I'd probably tell myself to shut up already and worry/wonder about something else, not expend so much mental energy anymore on things I can't control (although with lifestyle choices/changes I've already made, I am attempting to affect my prognosis). To be honest though, it's much easier written/said than it is to do. That's my struggle: being sensitive to or ignorant of. (Sort of like that last sentence, ending with a preposition.)

But as you regular readers know, ending a sentence with a preposition is the least of my problems. Though it may sometimes be characteristic of my writing, my columns are nonetheless an honest account of the vicissitudes of life in the cancer lane: up, down, back, forth, high, low; literally, figuratively and generally speaking. "Life goes on" is the best news I can receive, but oddly enough, living with a terminal disease/stage IV lung cancer is not all it's cracked up to be, and does offer its own unique set of challenges.

Challenges which I've mostly been able to manage; I wouldn't say overcome or conquer. I guess I would admit that I have learned to live with them though. Not to embrace them necessarily, but to accept – and expect – them and try to assimilate them into my "new normal" life. And just because I can explain – and understand what and how I'm rationalizing what I'm doing/how I'm adjusting, don't think for a second that I'm convinced that what I'm doing is correct or easy. It is what it is and it's what I can live with it being. Not a day goes by or a column written that doesn't – in some context, question what I'm doing or what I'm reacting to – or as in this column, what I'm not reacting to.

I suppose, at the end of the day (heck, at the beginning of the day, too), life as a cancer survivor/patient is all about doing whatever/however it takes to enable you to get through the day – and night. For me, that battle has not been so much about pain management (thank God!) as much as it has been mental and emotional. I'm a thinker and being diagnosed with lung cancer at age 54 is a lot to think about – and wonder about. And so I do, all the time. Being middle age sort of complicates it. Separating everything. But I can live with it. For how long is the question. (See, I can't leave well enough alone.)

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

Butting Out

“Great American Smokeout” gets smokers on the road to quitting for good.

BY MARILYN CAMPBELL
THE ALMANAC

Dean Adams says that he has been smoking for 25 years. The Alexandria-based bartender has only tried to quit once, a cold-turkey attempt that was unsuccessful.

“It’s kind of a manic thing for me,” said Adams. “I smoke all the time, probably a pack to a pack and half a day.”

He plans to try again on Nov. 17, a day designated as the Great American Smokeout, a campaign launched by the American Cancer Society to spotlight the dangers of tobacco use and the challenges of quitting.

“Most smokers make three to five serious quit attempts (i.e., for 24 hours or more) before they are finally successful,” said Thomas J. Glynn, Ph.D. Dr. Glynn resides in Great Falls, Va. and is the director of Cancer and Science Trends for the American Cancer Society. “Deciding to quit smoking seems easy, but actually doing it is where the real challenge begins. That’s why the Great American Smokeout can be so helpful — it gets smokers on the road to being smoke-free.”



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

Dean Adams (right) and Jonathan Bisagni have tried unsuccessfully to stop smoking. Researchers say it often takes several attempts for smokers to quit.

ONE OF THE GOALS of the Great American Smokeout is to raise awareness and make smokers aware of the obstacles to smoking cessation and the resources available to deal with those barriers.

“Cigarettes have a strong physiological pull on their users,” said Glynn. “Nicotine maintains their physiological dependence, and the routines of smoking — reaching for the pack, lighting up ... the cigarette after a meal, etc., maintains their psychological dependence.”

Medical experts say that before deciding on a cessation method, a smoker must first have a desire to stop. “Most important is for the smoker to want to quit,” said Dr. Jasmine Moghissi, of Fairfax. “It is almost impossible to get your wife/son/mother/cousin to quit if they don’t want to. It has also been my experience that it is extremely difficult for someone to quit for their future health. If the smoker wants to quit because it’s a filthy, smelly, dirty habit — that seems to be most effective.”

Tools for quitting run the gamut from hypnosis and acupuncture to medication and laser therapy. Glynn says that no one method works best.

“Recent studies do suggest that a combination of medications [such as] Varenicline or Chantix and nicotine gum and counseling — either individual, group or by phone — may work best for many people.”

Maureen Meehan, a certified hypnotist with Maryland Hypnosis, is a former substance abuse counselor who found hypnosis to be an effective tool for addressing addiction. “The reason it works so well to help people become non-smokers is because it deals with your subconscious mind which is powerful, alert and awake,” said Meehan.

“We talk to the subconscious mind and tell it to cut the cord to bad habits.” Meehan says her method has a high success rate.

VIRGINIA HOSPITAL CENTER in Arlington, Va. offers a two-week smoking cessation class several times a year. “We teach smokers how to conquer the three aspects of smoking: addiction, habit and psychological dependency,” said Cathy Turner. Turner resides in Burke and is Virginia Hospital Center’s director of health promotion as well as its smoking cessation instructor.

Psychologist Dr. Gayle K. Porter, Psy.D., of the Gaston and Porter Health Improvement Center in Potomac has counseled those who have stopped smoking successfully.

“I’ve worked with people who’ve been addicted to a variety of substances, and smoking was the most powerful addiction to give up,” said Porter, a former faculty member in the Department of Psychiatry and Behavioral Sciences at the Johns Hopkins School of Medicine. “It is like a friend that never leaves. If you’re lonely, sad, angry, you can always light up.”

Along with Dr. Marilyn Gaston, Porter wrote “Prime Time: The African American Woman’s Complete Guide to Midlife Health and Wellness.” The book includes an eight-step smoking cessation plan.

“First and foremost is stress reduction,” said Porter. “If you’re stressed, it is going to be hard to stop smoking, and if you’ve already stopped smoking and you’re stressed, it is going to be difficult not to resume. You have to get control over your stress.”

Porter and Gaston also founded Prime Time Sister Circles, a health support group that includes a component designed to help



PHOTO COURTESY OF THOMAS J. GLYNN

Thomas J. Glynn, Ph.D., of Great Falls, Va., the director of Cancer and Science Trends for the American Cancer Society, says most smokers attempt to quit three to five times before they are successful.

smokers kick the habit. Porter believes a team effort is necessary.

“It is important that people who are trying to quit smoking have support,” she said.

Another smoking cessation tool is tobacco control. A study by Centers for Disease Control and Prevention (CDC) shows a link between strong tobacco control policies and a reduction in the adult smoking rate in the U.S.

“These findings add urgency to the continued need for strong tobacco control laws ... including tobacco tax increases, strong

smoke-free laws ... and policies that are proven to reduce adult smoking rates and discourage kids from ever starting to use tobacco ...” said John R. Seffrin, Ph.D., chief executive officer of the American Cancer Society Cancer Action network.

Maryland’s current cigarette tax is \$2 per pack, the 11th highest in the nation, while Virginia’s current cigarette tax is \$0.30 per pack, the second lowest in the nation. Maryland’s smoke-free law requires all of the state’s workplaces, restaurants and bars to be 100 percent smoke-free.

Steps To Quit Smoking

- 1) Think of your resolution to stop smoking as a project, a process that will take some time, and not one that is a snap decision or that will take only a few days. Remember, you are starting on a journey to health and greater prosperity, but also undoing a psychological and physiological habit that took many years to develop.
- 2) Make a list of all the reasons you want to stop smoking — health, cost, family/friends, longer life, etc. — and keep that list in your pocket at all times and take it out and review it whenever you are tempted to smoke.
- 4) Enlist the help of your family, friends and co-workers. Share your list of reasons for quitting with them — it will help them support you.
- 5) Decide on a quit date — maybe three or four weeks from the time you decide to become a nonsmoker (so you have time to prepare).
- 6) Speak with your physician or your pharmacist about your plan. Ask them for their advice and support, and discuss with them whether one of the seven FDA-approved medications for quitting smoking might be useful for you. Science shows that the most

successful quitters use a combination of advice and medications.

7) In the days just before your quit date, remove all smoking paraphernalia from your home and workplace.

8) Quit on the big day, and be sure to let your support group know.

9) Be prepared for some of the immediate, and often unpleasant, side effects of quitting, and understand that these are good signs that your body is repairing itself and making adjustments as the toxins from your years of smoking begin to go away.

10) If you slip, as most smokers do, just analyze the situation in which your slip took place (e.g., a cigarette after dinner), and adjust your routine for a couple of months to avoid the situations in which you are in danger of slipping.

11) Start thinking of yourself as a non-smoker who is on the journey of a lifetime, one that certainly has its unexpected twists and turns, but with great rewards at the end.

1-800-Quit-Now is a toll-free tobacco cessation program for adults who want to quit smoking.

Source: The American Cancer Society (ACS) and Thomas J. Glynn, Ph.D., the ACS Director of Cancer and Science Trends.



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