

# Potomac ALMANAC

Laura Sperling, Erik Rigaux,  
Amy Dalrymple and Yui  
Hasado will perform in  
Churchill High School's  
annual song and dance  
review, "Blast 23 - Believe."

Wellbeing

PAGE 15

Faith in  
Action

NEWS, PAGE 3

Holiday  
Gift  
Guide  
PAGE 6

## In Song And Dance

NEWS, PAGE 3

Volunteers  
Take  
Ownership

NEWS, PAGE 3

Arthur-Williams Leads  
Experienced Team

SPORTS, PAGE 12

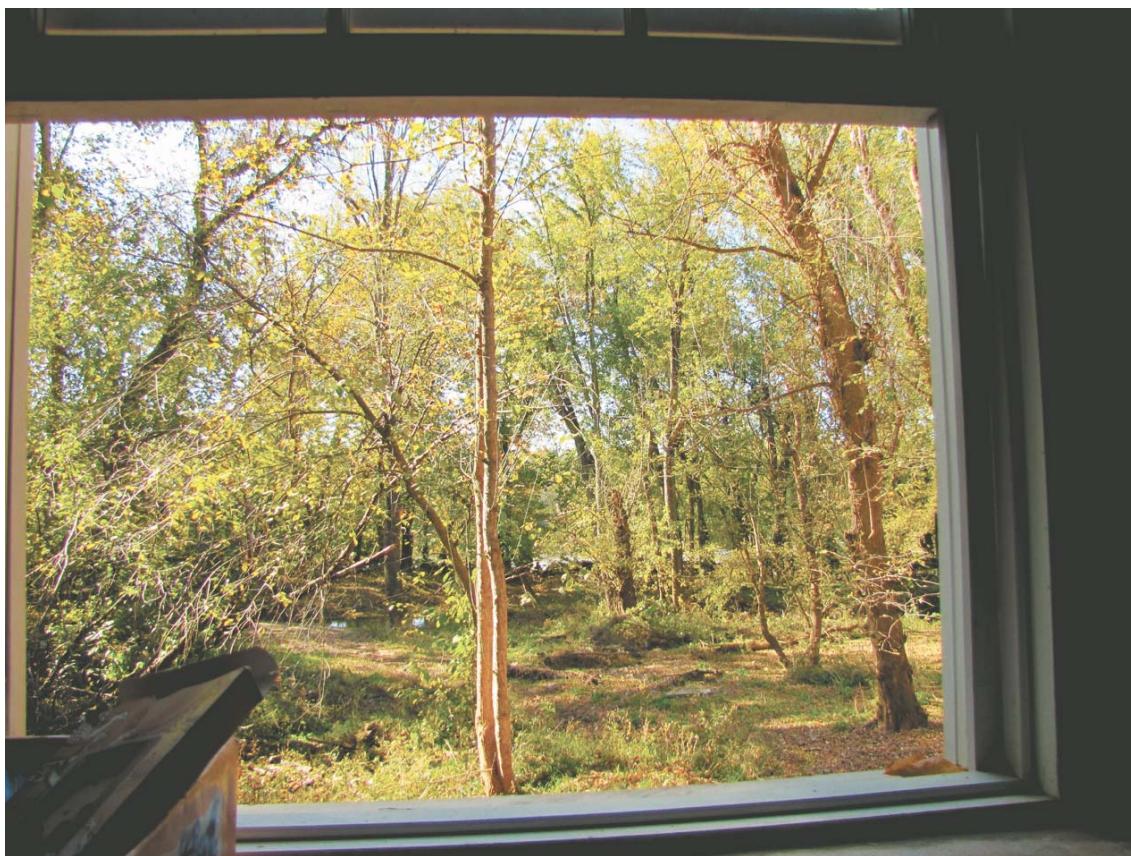
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NOVEMBER 30-DECEMBER 6, 2011



ONLINE AT [POTOMACALMANAC.COM](http://POTOMACALMANAC.COM)

# NEWS



PHOTOS BY KEN MOORE/THE ALMANAC

The views outside the historic lockhouses can be exquisite.

## Volunteers Take Ownership

**Dozens of roles to fill in C&O Canal National Historical Park.**

BY KEN MOORE  
THE ALMANAC

*Part of an occasional series about life and sights of the canal, and the people involved.*

**L**ike a lockkeeper in the 1830s, William "Bud" Cline is the quartermaster of Pennyfield Lockhouse in Potomac. The National Park and Canal Trust rents out the lockhouse and other lockhouses along the canal to give park visitors a chance to envision what life would have been like for historic lockkeepers who made the canal their living and home.



**Bud Cline uses a tool to tighten the ropes that serve as the platform for the lockhouse beds.**

"We look after this like it was our summer property. I treat it like I own it," Cline said.

Spend a day with him, his wife Dell Pillers Cline and friend, Ingrid Sunzenauer, and learn the various ways volunteers take ownership of the park.

The Clines and Sunzenauer are members of the bike patrol, becoming the eyes and ears for the park service on wide lengths of the canal.

"When you put on your bike patrol vest, it's like a magnet; people come up to you," said Sunzenauer.

Residents can get involved around the C&O Canal and Potomac River throughout the year.

Even in the winter, volunteers are needed and appreciated.

Interpretive Rovers walk short distances around the Great Falls Tavern area, carrying a park radio, first aid kit and park literature. Rovers greet and welcome visitors, provide them with information on the park's history and can develop their own programs based on personal interests. Cline, for example, offers a talk and program on eagles who nest in the park.

Canal Stewards adopt sites along the towpath and become caretakers of that designated area. It's great for people to start efforts with this program during the winter, especially if the volunteer is trained to perform invasive plant removal while wildflowers and other desirable species are not blooming. Cline, his wife, and Sunzenauer are trained as weed warriors and help keep invasive species from overtaking the area around Pennyfield Lock.

Many other opportunities beckon, including Billy Goat Trail Stewards who are ready to help the 50,000 annual visitors of the popular hike on Bear Island. Trail Stewards are critical in reporting emergencies and hazardous situations, and also share stories about the geology, plants, rare habitats and animals of Bear Island and the Potomac Gorge.

Ride-on volunteers accompany staff on a regular basis and will be trained in chain saw use, water sample collection, building inspections and general assistance.

To get involved as a volunteer, go to [http://www.chohvip.org/contact\\_us/](http://www.chohvip.org/contact_us/)



**William "Bud" Cline is the quartermaster of the Pennyfield Lockhouse with his wife Dell Pillers Cline. The Quartermaster interpretive program allows visitors to stay overnight in the historic canal lockhouses, getting a glimpse of what life might have been like for a lock keeper on the canal.**



**Ingrid Sunzenauer is pictured here with Dell Pillers Cline. The volunteer bike patrol started in 1999 with eight members and now has more than 150. See [www.chohvip.org](http://www.chohvip.org) to get involved.**



**The dining room in the lockhouse at Pennyfield Lock.**



**The bedroom in the lockhouse at Pennyfield Lock.**

# NEWS

POTOMAC ALMANAC EDITOR STEVEN MAUREN  
703-778-9415 OR POTOMACALMANAC@HOTMAIL.COM  
SEE WWW.POTOMACALMANAC.COM

**Senior Divya Prasad performs Colors of the Wind featuring a lyrical dance by Amy Dalrymple, Julia Reagan, Amanda Lotwin and Carley Rosefelt.**



## Churchill's 'Blast 23 – Believe'

**Annual show opens Dec. 2**

**B**last 23 – Believe,” Churchill High School’s annual song and dance review, will be held at Churchill’s Bish Auditorium Friday – Sunday, Dec. 2 – 4 and Friday and Saturday, Dec. 9 and 10. Showtime for the evening show is 7:30 p.m. and 2:30 p.m. for the Sunday matinee. The school is located at 11300 Gainsborough Road in Potomac.

This is the 23rd year that “Blast” has been performed at Churchill High School. Historically a spring production, director Carlos Barillo decided to present the show in December.

Featuring contemporary music as well as tunes from the past, the production is filled with dancing, action and joy. More than 170 students have been involved since school opened in September. The program will include dancing, singing, instrumental numbers by the band — and even some holiday songs to put the audience in the seasonal spirit.

Tickets can be purchased on the website [www.wchsmusic.com](http://www.wchsmusic.com) or in the lobby box office one hour before the show or Monday through Friday from



**Senior Genny Austin performs Fighter alongside Hannah Robertson, Mackenzie Testa, Sloane Momsen and Shelley Austin.**

10:50 – 11:50. Reserved seats are \$20 and sides and balcony seats are \$14.

— SUSAN BELFORD

## WHC Sisterhood Presents 25th Annual Holiday Boutique

**Bazaar supports several charities.**

BY SUSAN BELFORD  
THE ALMANAC

**T**he Washington Hebrew Congregation Sisterhood Annual Holiday Boutique and Silent Auction will be held Sunday, Dec. 4 through Tuesday, Dec. 6 at the Julia Bindeman Suburban Center, 11810 Falls Road in Potomac. A not-to-be

missed extravaganza, the philanthropic event features gift and holiday items for sale by more than 50 vendors, a silent auction and a café. “We have everything from fine jewelry, clothing and toys to stationery, dog tags, cosmetics and home décor — the range of gift ideas at all price points will give everyone who comes



a head start on their holiday shopping,” said Boutique chair Brenda Holt.

Twenty percent of the profits of the boutique are donated to the many community and international charities supported by the WHC Sisterhood including Save the Children, Doctors without Borders, MADD, Meals on Wheels, Promise for Prom, JWI Domestic Violence Project, Jewish Braille Institute and the Susan G. Komen Race for the Cure. One hundred percent of

the silent auction proceeds also go to help the Sisterhood give back to its causes. The bazaar is its largest fundraiser each year.

Sharon Glickman, president of the WHC Sisterhood, cites another important benefit of the boutique and the hard work which goes into it. “We all receive more than we give — the friends we make, the camaraderie, the bonds that are strengthened and the sense of community that we all feel —

SEE BAZAAR, PAGE 15

## ‘Faith in Action’ Attracts 350

**Dinner benefits Montgomery County Muslim Foundation’s charitable projects.**

BY SUSAN BELFORD  
THE ALMANAC

**T**he Montgomery County Muslim Foundation has proven year after year that by working together they can change Montgomery County for the better. Even 6-year-old Amina Rashid, whose handcrafted greeting cards single-handedly raised over \$500, has learned the difference that one person — no matter what age — can make in helping others.

The dinner was held on Nov. 11 at the Gaithersburg Marriott. County Executive Ike Leggett, Attorney General Doug Gansler, County Council member George Leventhal and Director of Montgomery County Office of Community Partnership Bruce Adams, as well as other local community leaders were included in the guests.

Shafiq Khan, chairman of the board of MCMF welcomed the guests and announced the launch of MCMF’s Local Leader outreach program for 2012 to recruit and encourage volunteers to become an extension of MCMF by organizing within their communities.

Tufail Ahmad was awarded a Certificate of Appreciation for his efforts in motivating so many to become involved in community service projects. He stressed the importance of American Muslims getting involved in community service projects here in the county. He also shared the words of Shaikh Abdal-Qadir Al-jilani with the audience. “I did not have communion with God by fasting or prayers. I had communion with God by feeding the hungry people,” as a reminder that helping those in need makes faith and community stronger.

Guled Kassim, president of MCMF gave an overview of MCMF’s commitment to assist the needy in Montgomery County. Each year the group contributes 10,000 – 18,000 pounds of food to Manna Food, Inc., provides food for the homeless at the Interfaith



**Amina Rashid, a young volunteer for the Montgomery County Muslim Foundation, with its president, Guled Kassim.**

Homeless Women’s Center, collects and distributes Thanksgiving baskets to more than 200 families each year, feeds 600 -1000 homeless people each year at the Community for Creative Non-Violence in Washington D.C., and serves as a Zip code coordinator of the Montgomery County Holiday Gift Basket Program, distributing food, toys and clothing to needy families on Christmas. The group also sponsors a senior program that transports the sick to the Muslim Community Center for treatment every week and drives seniors to community centers for senior activities.

Montgomery County officials praised the MCMF for its dedication, efforts and tenacity. “The work of the MCMF fills an impor-

SEE ‘FAITH IN ACTION.’ PAGE 11

## GETTING AROUND



Ivan Blumberg serves the traditional stirrup cup to Vicki Crawford jtMFH Potomac Hunt. The Crawfords later entertained 33 guests for Thanksgiving dinner.



PHOTOS BY CISSY FINLEY GRANT/THE ALMANAC

# Thrills, Spills at Thanksgiving Hunt

BY CISSY FINLEY GRANT  
THE ALMANAC

If one thinks preparing Thanksgiving dinner for family and guests is an ordeal, try combining that effort with getting your horse and yourself ready for a formal Thanksgiving Day fox hunt.

Many of those in the saddle at the 10 a.m. "Meet" at Montevideo, the River Road estate of the Austin Kiplinger family, had successfully accomplished both, with at least one publically offering thanks for assistance.

Welcoming about 60 fox hunters astride and an equal number of friends of the hunt hoofing it, jtMFH Skip Crawford announced, to the amusement of all, "I want to thank all those people who helped me get my horse ready today." One look at the gleaming 17 hand (a horse is measured by the width of an approximate 4" hand) grey stallion Skip was riding can readily understand his gratitude. Grey horses are infamous for rolling in the fields, particularly pastures soaked with days of rain.

At a formal hunt, where Pink coats (ac-

tually, scarlet in color, but are called Pink because a Mr. Pink first designed and tailored them) are de rigueur for those who have earned their colors. It's also expected that horses be scrupulously groomed and riders properly attired.

With welcoming formalities underway, including the Blessing of the Hounds ceremony when the Rev. Merritt Ednie included in his remarks, safety for all and "may the fox find many holes," hounds and hunters moved off to surrounding fields. Hilltoppers, as foot and auto followers are called, did likewise.

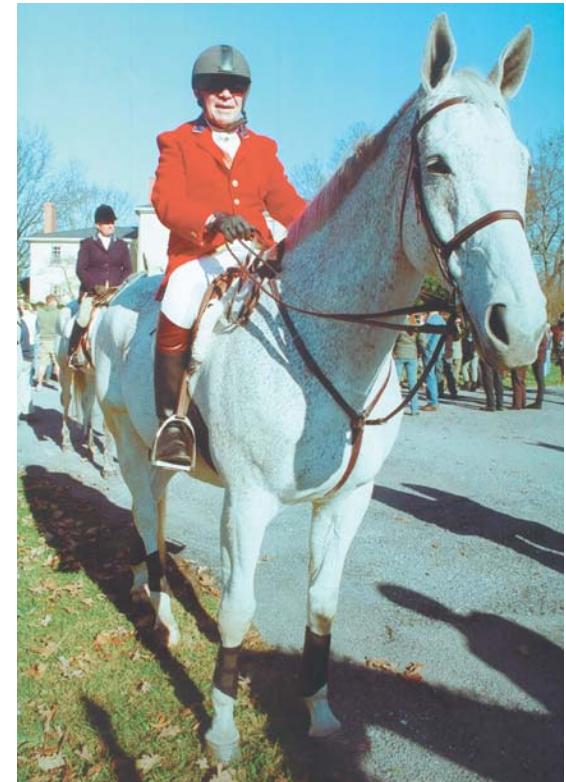
There had been plenty of time during the stirrup cup for greeting and eating among all, including the hosts. Both Austin Kiplinger and his son, Knight, talked with guests throughout, including U.S. Senator Mary Landrieu (D-La), there with her sister, Shelley, who was visiting from New Orleans. It is not exactly clear how the women's suffrage topic entered their conversation, but a delightful history lesson ensued, complete with personal input between Austin and the Senator.

"My mother was a suffragette," Kiplinger advised. This brought to mind

the "Massive Marble Monument," 14,000 pounds of Italian marble depicting the sculptured likenesses of early suffragettes Lucretia Mott, Susan B. Anthony and Elizabeth Cady Stanton. Since 1921 until 1996 the monument was located on the first floor Capitol crypt. It was lightly suggested that the 1996 resolution to move the statue was spearheaded by a "one woman senator" who felt the marble heads should be elevated, and they were. "I know you have been to the Capitol many times, but I am inviting you to come for a grand tour from top to bottom," the Senator told Kiplinger. Stay tuned.

**MEANWHILE**, there was a lot of foxhunting going on and a lot of other cold turkeys left at home to eventually get in ovens. With a weather-perfect day to be outdoors, many were reluctant to leave. "We have to make sure we get back and get the oven started at the right time," advised Susan and "Kim" Alfaro, here from San Francisco visiting Vicki and Skip Crawford who expected 33 for dinner following the hunt.

SEE THANKSGIVING HUNT, PAGE 5



Astride his 14-year-old, hunter-show champion horse, Timmy, Dr. Csaba Magassy has been hunting with Potomac Hunt hounds for over 35 years. He was one of more than 60 astride for the annual Thanksgiving Day hunt.



Stephanie Bennett and Yussi El-Hibri (right) were among the approximately 60 Potomac Hunt members out for the Thanksgiving Day traditional hunt.



The Crowley family, dad Dan, daughter Reagan, and son, Daniel, had plenty of excitement during the holiday fox hunt.

## GETTING AROUND



PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

Austin Kiplinger (center) welcomes U.S. Sen. Mary Landrieu (D-La) and her sister, Shelley, (left) a holiday visitor from New Orleans, to the Thanksgiving Day Meet at historic Montevideo.

## Thanksgiving Hunt

FROM PAGE 4

Lisa and Landon Banfield and their three children, Billy, Breyer and Bradley, were en route from the Meet to have Thanksgiving dinner on the Eastern Shore with his sister, Dale, and her husband, Dr. Scott Banning.

The Banfields were traveling but not cooking unlike Anne Bolen who was expecting 11 guests for dinner, including her sister Sharon Rab, here from Dayton, Ohio, and son, Cliff Browne.

When horses and hounds left the Meet it didn't take long for action to start. "We had a helluva run off Montevideo Road, past Poole's Store to a field near the Seneca Schoolhouse," Rex Reed remarked. It was at this location where a deer came bounding out of the woods and ran smack into the hind quarters of Reed's horse, "Peter."

"I kinda saw it out of the corner of my eye, but those behind me said it flipped up in the air after the impact," Reed said. Unfortunately, for the deer, it broke its neck on impact. Fortunately, for "Peter," it was a doe. "If it had been a stag "Peter" would have been impaled," Reed said. A three-point rack Susan Roberts found on the ground nearby where "Peter" was run into is still a mystery. There were no injured stags to be seen.

Prior to the deer vs. horse incident two dramatic events occurred on Montevideo Road. Among those trotting down the road on a slippery macadamized surface were two junior members of the hunt, 12-year-old Reagan Crowley, and her brother, Daniel, 10. When Reagan rounded a slight curve her pony's hind feet slipped out from under him and went down. Hilltoppers were aghast as the grey pony and his rider struggled up, Reagan still holding tight to her reins (as she should). She didn't let go until the pony reared up and ran away. While her grey

pony was being rescued, another smaller, pinto pony, ridden by her brother, went down on the same curve. Fortunately, neither child was hurt.

Bobbi Frost, a hilltopper, and Daniel's mother, Michelle Crowley, caught the small pinto pony down the road and held it for the young rider to catch up. His dad, astride, had also caught up and saw his son safely back in the saddle.

Although there was plenty of foxhunting left during the afternoon, including a viewing of a gorgeous red fox obviously headed back to one of those "many holes" the Rev. Merritt prayed for, numerous riders and hilltoppers cut out early for Thanksgiving celebrations. Frost, the pony catcher, was one of them. "We are going to a 4 p.m. dinner party," she said.

Wrong! That was her intention. She figured there was plenty of time to go visit and feed her own horses stabled at a nearby barn before heading for home. While at the horse barn she had a call from her husband, telling her two ponies had made their way up the Frost's mile-long driveway off River Road to their back field.

"When he described them as a grey and a pinto, I knew exactly who they were," Bobbi said. The small pinto, still dragging his lead line, and, his grey buddy who had been tied to his van during a post-hunt grooming session, had taken off. The pinto's lead line was not secure when he fled, and the grey broke away when the pinto took off. Following more calls, a trailer was soon on its way to return the wayward ponies to their owners. Bobbi had coaxed them to come to her in the field by offering carrots. "The pinto ran right up for a treat, soon followed by the grey," she chuckled. Albeit, a little late, the Frosts finally made it to their Thanksgiving dinner probably at just about the same time that gorgeous red fox viewed earlier was settling down for a feast.

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# OPINION

# Shop Locally

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

Supporting small businesses, locally owned businesses, has to be more than a one-day affair.

The economic situation is daunting. Even families who feel financially secure will be more frugal in this holiday season than before the recession, but still, local families will shop and exchange gifts during the next month, spending millions of dollars in a variety of places.

One way to be sure holiday shopping comes with some holiday spirit is to do a portion of your shopping in some of the area's locally owned stores. There is special holiday ambience available by shopping in the heart of a town that is decked out for the season.

Small retail shops are part of defining any community. Their livelihood depends on the livability and quality of the neighborhoods around them. A small business owner pays attention to every detail in his or her business in a way that no chain can.

Frequently, it is the small retail person who is active in fund raising for local charities, for

fire and rescue service, for local schools and in organizing holiday events.

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

Everyone will do some of their shopping at the mall. Everyone will do some shopping online. But local shoppers should be sure to save some shopping time and dollars for local stores.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

## EDITORIAL



PHOTOS BY SUSAN BELFORD/THE ALMANAC

### The Art Gallery of Potomac carries hand-painted china.

#### suggest for a busy mom?

**Martinez:** Beautiful hand-painted original note cards by Carol Dyer (\$10). They come already gift wrapped. We also carry warm, colorful crocheted scarves for \$15.

**Menick:** A scout tote bag is definitely a great gift for an on-the-go mom to carry her necessities as well as her kid's stuff — and there's always room to add one



A wooden truck by Richard Webster.

more thing. They come in many patterns and sizes and sell for \$25 - \$41. These bags are attractive, roomy and make a fashion statement.

**Webster:** I make wood bowls inlaid with turquoise and other stones for every room in the house (\$100 and up). Mom would love one for a centerpiece, for serving all kinds of food or to hold her jewelry. They are also unbreakable if a child decides to examine it.

**Copenhaver:** We carry a wonderful line of bath products from K. Hall/Barr Co. (\$15-\$30). These will help a busy mom relax in a bubble bath by candle light for her home "spa" experience. Another

gift is soothing tea by Tea Forte. We feature the tea mug, complete with a tea strainer, tea cookies and lots of exotic teas. (\$12 and up.) Busy moms also love beautiful custom-made bows for bringing the holiday spirit into every room of the home.

#### Q. What ideas do you have for a gift for a hard-working dad?

**Martinez:** Dad would love a custom-painted portrait of the home or one of the family pet (\$300 and up.) He would also enjoy a Dot Proctor painting of the C&O Canal for his office (\$250 and up depending on the size.)

SEE GIFT IDEAS, PAGE 7



Carol Dyer's original art note cards from the Art Gallery of Potomac.



Flora's is the place for holiday décor.

### HOLIDAY SHOPPING

Stephanie Menick of Occasions Gift Store, a new gift shop located in the Cabin John Mall; Marcia Copenhaver of Flora's Feathered Nest, 12211 River Road, Potomac, just north of Potomac, and Richard Webster of Webster Woodworks on Sunset Drive, Rockville.

#### Q. What gifts would you



From Occasions Gift Store, fun and furry animal mittens for the young ones.

## POTOMAC ALMANAC

[www.PotomacAlmanac.com](http://www.PotomacAlmanac.com)

Newspaper of **Potomac**  
A Connection Newspaper

An independent, locally owned weekly newspaper delivered to homes and businesses.

**1606 King Street**  
**Alexandria, Virginia 22314**

Free digital edition delivered to your email box  
Email name, mailing & email address to [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)

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# HOLIDAY GIFT GUIDE

## Gift Ideas

FROM PAGE 6

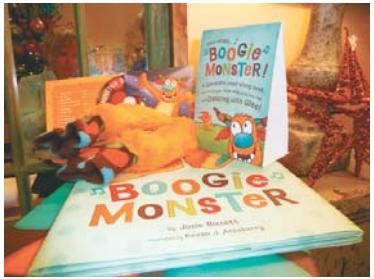
**Menick:** A paperweight is a great gift for Dad's office. We have many choices related to golf and other interests (\$25 and up.)

**Webster:** A wood wall hanging for his office — I make them with inlaid wood in a pattern that would be beautiful in any office.

**Copenhaver:** We offer unique bottle openers for Dad — they are fun and inexpensive (\$18).

**Q. What unique gifts do you have for children?**

**Martinez:** We have wonderful books of original art for children. They just love to sit and look at them. They expose a child to fine



The Boogie Monster Dance Set from Flora's will enthrall youngsters.

art at an early age. (\$20)

**Menick:** We carry children's "animal" mittens, baby's first blanket, and beautiful children's clothes. We also carry some "Grandparent" picture frames — they make the perfect gift for the baby.



Jewelry from the Art Gallery of Potomac.

**Webster:** Children adore handmade wooden toys — cars and trucks, grasshoppers and ducks that can be pushed and pulled. These are heirloom toys that can be passed down through the generations. They last forever.

**Copenhaver:** We have the Boogie Monster Dance Kit for ages 4 – 8. It includes a colorful book, CD of music, and "Boogie Monster



A wooden bowl by Richard Webster.

pants" for the little one to put on and dance like a Boogie Monster. (\$38)

**Q Do you include any freebies?**

**Martinez:** Free coffee and gift wrapping.

**Menick:** Free gift wrapping and beautiful customized gift wrapping for under \$5.

**Webster:** Free gift wrapping.

**Copenhaver:** Free gift bags with Raffia bows and tissue

**Q. How has the economy affected your business?**

**Martinez:** It really has not affected it too much — we are very

SEE GIFT IDEAS, PAGE 13

### Be a Part of CHILDREN'S (& TEENS') ALMANAC

Every year between Christmas and New Year's, The Potomac Almanac turns its pages over to the contributions of local students. We are seeking artwork, photography, poetry, opinions, short stories and reflections. We welcome contributions from public schools, private schools and students who are home schooled.

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Westwood College has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).

POTOMAC ALMANAC ♦ NOVEMBER 30 - DECEMBER 6, 2011 ♦ 7

# ENTERTAINMENT

## DEC. 3, 4

**Victorian Greeting Card Workshops.** 1:30 p.m. and 3 p.m. Free. Craft your own Victorian-era holiday greeting card in the style Miss Barton used to send to her friends. At Clara Barton National Historic Site, 5801 Oxford Road, Glen Echo. Reservations required. Call 301-320-1410.

## WEDNESDAY/NOV. 30

**Christmas With Aaron Neville.** 8 p.m. Tickets are \$35-\$55. Grammy winner Aaron Neville and his quintet perform holiday classics with R&B and funk grooves, New Orleans-style, with a solo opening performance by pianist Allen Toussaint. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. For tickets, [www.strathmore.org](http://www.strathmore.org) or call 301-581-5100.

**Portrait of a Woman: Seven Dimensions of the Feminine Mystique.** 10 to 11 a.m. Inspiration to Empower the Modern Woman, from Mystical Jewish Texts, taught by Chana Kaplan. At Chabad's Potomac Village location. Visit [www.villagechabad.org](http://www.villagechabad.org) or call 301-983-1485 or email [info@chabadofthevillage.org](mailto:info@chabadofthevillage.org).

## THURSDAY/DEC. 1

**Musician Jenny Lin.** 7:30 p.m. Tickets are \$30. Part of Celebrating American Composers at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Visit [www.strathmore.org](http://www.strathmore.org) or call 301-581-5100.

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

**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](http://www.norwoodschool.org).

## DEC. 1 AND 2

**Landon Greens Sale and Holiday Boutique.** 8 a.m. to 5 p.m. Free. A huge selection of high quality greens to decorate inside and outside your home. The Holiday Boutique offers children's gifts, designer clothing, jewelry, specialty foods and home and garden accessories. Also, bake sale and café. Tour Landon's Farmhouse decked out in its holiday finest. At Landon School, 6101 Wilson Lane, Bethesda. Email [azalea\\_admin@landon.net](mailto:azalea_admin@landon.net) or call Robyn Porter at 703-963-0142.

## DEC. 2-4 AND 9-10

**"Blast 23: Believe."** Show times are Fridays and Saturdays at 7:30 p.m.; Sunday at 2:30 p.m. Features 200 student singers, dancers, musicians and technicians. Winston Churchill. This is a switch from the usual April production. For tickets, go to [www.wchsmusic.com](http://www.wchsmusic.com) or the Bish Auditorium, 11300 Gainsborough Road, Potomac.



**Jeffery Watson**

## SUNDAY/DEC. 4

**Pianist Jeffery Watson.** 3 p.m. Performing Chopin, Liszt, and Schumann. Sponsored by the Washington Conservatory of Music, the concert will be performed at Westmoreland Congregational UCC Church, One Westmoreland Circle, at Massachusetts and Western Avenues.

## DEC. 2, 3 AND 4

### **Montgomery Potters Show & Sale.**

Huge selection of functional and decorative handmade pottery by more than 30 local potters. Friday, Dec. 2 from 2 to 9 p.m.; Saturday, Dec. 3 from 10 a.m. to 5 p.m.; Sunday, Dec. 4 from noon to 4 p.m. At Garrett Park Town Hall, 10814 Kenilworth Ave., Garrett Park. Visit [www.MontgomeryPotters.org](http://www.MontgomeryPotters.org)

## DEC. 2 TO 11

### **"The Nutcracker."** Presented by the Metropolitan Ballet Theatre.

Friday, Dec. 2 at 7 p.m.; Saturday, Dec. 3 at 3 and 7 p.m.; Sunday, Dec. 4 at 1 and 5 p.m.; Friday, Dec. 9 at 7 p.m.; Saturday, Dec. 10 at 1 p.m. and 5 p.m.; Sunday, Dec. 11 at 1 and 5 p.m. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee Street, Rockville. Tickets: call 240-567-5301 or visit [www.montgomerycollege.edu/pac](http://www.montgomerycollege.edu/pac). In advance: \$17 for groups of 10 or more, \$18 for senior citizens, \$20 individual. At the Door: \$22 (if available). Call 301-762-1757 or visit [www.mbdance.org](http://www.mbdance.org)

## DEC. 2 TO 18

**"Puss in Boots."** Tickets are \$20/adults; \$12/children under 12. Evening performances Fridays at 8:30 p.m.; Saturdays at 7 p.m.; matinees Saturday, Dec. 10 and 17; Sundays, Dec. 4, 11, 18 at 2 p.m. At Kensington Town Hall, 3710 Mitchell St., Kensington. Visit [www.britishplayers.org](http://www.britishplayers.org) or call 301-875-8544.

## FRIDAY/DEC. 2

**Swing Dancing.** 8:30 to 11:30 p.m. Cost is \$15. With Margolin's VizzTone Blues Revue. Beginner dance lesson from 8 to 8:30 p.m.; dancing afterwards. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](http://info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

### **Bethesda's Free Winter Concert.**

8 p.m. Free. Featured groups include: American University Gospel Choir, Gospel group; Capital Blend, A cappella group; The Capital Hearings, A cappella group; Vox Pop DC, A cappella group. Hosted by Bethesda Urban Partnership. At Imagination Stage, 4908 Auburn Ave., Bethesda. Call 301-215-6660.

## SATURDAY/DEC. 3

**Slow Blues and Swing Dance.** 9 p.m. to midnight. Admission is \$15. With the band, Seth Walker. Slow blues lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](http://info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

**German Christmas Bazaar.** Noon to 5 p.m. The public is invited to purchase specialty handmade crafts from Germany, ornaments, German and Swiss specialty foods. At the German School Washington, D.C. 8617 Chateau Dr., Potomac. Visit [www.dswashington.org](http://www.dswashington.org).

### **Bazaar and Silent Auction.**

8 a.m. to 3 p.m. Antiques, toys, clothing, books, rugs, jewelry, art, housewares, baby equipment, sporting goods, teen boutique, food, and more! Silent Auction 9 a.m. to 3:30 p.m. River Road Unitarian Universalist Congregation, 6301 River Road (at Whittier Blvd.) in Bethesda. Call 301-229-0400 or visit [www.rruuc.org/bazaar](http://www.rruuc.org/bazaar).

**"Madelaine and the Bad Hat."** 11 a.m. Tickets are \$7/adults; \$6/seniors, students and children. At the Robert E. Parilla Performing Arts Center, 51 Mannakee St., Rockville. Call 240-567-5301 or visit [www.montgomerycollege.edu/PAC](http://www.montgomerycollege.edu/PAC).

**Frostbite Hike.** 10:30 a.m. Meet at Great Falls Tavern, at end of Falls Road and MacArthur Blvd. Visit five vistas along the canal. Contact Carl Linden at 301-461-2071 or Pat White at 301-977-5628 or [hikemaster@candocanal.org](mailto:hikemaster@candocanal.org). Founded in 2007, the C&O Canal Trust is the official nonprofit partner of the Chesapeake & Ohio Canal National Historical Park. Its mission is to work in partnership with the National Park Service to protect, restore, and promote the C&O Canal. See [www.canaltrust.org/trust/](http://www.canaltrust.org/trust/)

**Bethesda's Winter Wonderland.** 1 to 4 p.m. A live ice sculpting presentation will transform blocks of ice into wintry works of art followed by **Benefit Concert.** Cocktails 6 p.m.; Show 7 p.m.



**Al Petteway and Amy White**

## MONDAY/DEC. 5

**Christmas Show.** Featuring Al Petteway, Amy White and Robin Bullock. 7:30 p.m. Tickets are \$20/advance/ \$25/door. At IMT Rockville, Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Call 301-754-3611 and visit [www.imtfolk.org](http://www.imtfolk.org)

choral performances from local school groups. Garret Park Elementary School, Our Lady of Lourdes, Seneca Valley High School, Watkins Mill High School and the Academy of the Holy Cross will delight the crowd with holiday music. At Veteran's Park, corner of Norfolk and Woodmont Avenues, Bethesda. Call 301-215-6660.

## DEC. 3 AND 4

### **Holiday Craft Fair.**

10 a.m. to 4 p.m. Free. Montgomery County Recreation will hold its annual juried craft show, "Holiday Happening," with more than 60 artists and crafters. At the Bauer Drive Community Center, 14625 Bauer Drive, Rockville. Call 240-777-6922.

**Glen Echo Potters Holiday Sale.** Hundreds of pots, art pieces and functional pottery with more than 50 potters exhibiting. Saturday, Dec. 3 from 9 a.m. to 6 p.m.; Sunday, Dec. 4 from 10 a.m. to 4 p.m. At The Lab School of Washington, 4759 Reservoir Road, at the split of Reservoir Road and MacArthur Blvd.

## DEC. 3, 4

**"The Nutcracker."** The Rockville Civic Ballet presents "The Nutcracker." Performances are Saturdays, Dec. 3 and 10, at 2 p.m. and 7:30 p.m.; and Sundays, Dec. 4 and 11, at 2 p.m. Tickets are \$16/adults; \$12/children and seniors. At the F. Scott Fitzgerald Theatre at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. For tickets, call the box office at 240-314-8690 between 2 and 7 p.m., Tuesday through Saturday, or visit [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts).

## SUNDAY/DEC. 4

**"Russia, Yesterday and Tomorrow."** 10:25 a.m. E. Wayne Merry will analyze recent economic and political changes in Russia from a historical perspective and explain their implications for the future. At River Road Unitarian Universalist Congregation in the Fireside Room, E. 6301 River Road, Bethesda. Call 301-229-0400 or visit [www.rruuc.org](http://www.rruuc.org).

**Slow Blues and Swing Dance.** 8:30 to 11:30 p.m. Admission is \$15. No lesson. With the band Glenn Crytzer and His Syncopators. At the Back Room at Glen Echo Park. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](http://info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

**Waltz Dancing.** 3:30 to 6 p.m. Admission is \$10. With the band Avant Gardeners. Introductory waltz workshop 2:45 to 3:30 p.m.; dancing 3:30 to 6 p.m. 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](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**Holiday Craft Show.** 1 to 5 p.m. Jewelry, beads, fiber arts, soaps, Christmas items, wood crafts, prints, metalwork, ceramics, glass, oils, watercolors, photography, books and more. Sponsored by the Friends of the Clara Barton Community Center. At 7425 MacArthur Boulevard, Cabin John, Md. Call Leslie Barden at 301-365-1311, email: [leslie.barden@comcast.net](mailto:leslie.barden@comcast.net), or visit [www.friendsofclarabartoncommunitycenter.org](http://www.friendsofclarabartoncommunitycenter.org).

**Benefit Concert.** Cocktails 6 p.m.; Show 7 p.m.

Featuring the Billy Joel-Elton John Face 2 Face Tribute Show. At the Woodmont Country Club, 1201 Rockville Pike, Rockville. For tickets, call or email Lesley Schrier at JSSA, 301-610-8342 or [lschrier@jssa.org](mailto:lschrier@jssa.org). Visit [www.jssa.org](http://www.jssa.org).

**C&O Canal Trust Board Meeting.** at Glen Echo Town Hall, 6106 Harvard Ave., 1 p.m. Founded in 2007, the C&O Canal Trust is the official nonprofit partner of the Chesapeake & Ohio Canal National Historical Park. Its mission is to work in partnership with the National Park Service to protect, restore, and promote the C&O Canal. See [www.canaltrust.org/trust/](http://www.canaltrust.org/trust/)

## DEC. 4, 11 AND 18

**Alternative Gift Market.** Open 10:15 to 11:15 a.m.; and 12:15 to 1 p.m. Will offer opportunities to give to 18 worthy projects through nonprofit organizations around the world. At River Road Unitarian Universalist Congregation, Fellowship Hall, 6301 River Road, Bethesda. Call 301-229-0400.

## MONDAY/DEC. 5

**Dave Koz and Friends Christmas Tour.** With special guests Rick Braun, Jonathan Butler and Candy Dulfer. Featuring 18 holiday songs. Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## TUESDAY/DEC. 6

**Chinese Language Book Club.** Potomac Library, 10101 Glenolden Drive, Potomac. 6 p.m. In Chinese. "Enjoy Your Golden Years" by Ayako Sono. Ask for book at the Circulation Desk. 2 hours. No registration required. Call 240-777-0690 or see <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp>

## WEDNESDAY/DEC. 7

**Film, Lunch and Latkes.** Noon to 3 p.m. Screening of "Hiding & Seeking," about hope and tolerance. The story of a Jewish father's journey to Poland with his ultra-Orthodox sons to find the Christian farmers who hid their family from the Nazis. Bring a dairy/parve lunch. Latkes, desserts and beverages provided. At B'nai Tzedek, 10621 South Glen Road, Potomac. Call 301-299-0225.

## THURSDAY/DEC. 8

**Preschool Storytime.** 10:30 a.m. Stories, songs and rhymes for children ages 3 to 6 and their caregivers. No registration required. At the Potomac Library.

**Holiday Cirque de la Symphonie.** 8 p.m. Tickets are \$17.50 to \$88. Bob Bernhardt leads the Baltimore Symphony Orchestra in Christmas carols and Holiday favorites to accompany the circus feasts of audience-favorite Cirque de la Symphonie. At the Music Center at Strathmore. Call 410-783-8000 or visit [www.BSOmusic.org](http://www.BSOmusic.org).

**Musician Wendy Richman.** 7:30 p.m. Tickets are \$30. Part of Celebrating American Composers at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Visit [www.strathmore.org](http://www.strathmore.org) or call 301-581-5100.



**SATURDAY/DEC. 3**

**The Great Zucchini Children's Show.** 10 a.m. Admission is \$8. Will present a special benefit performance fundraiser for A Message of Hope Cancer Fund Inc. At Potomac Elementary School, 10311 River Road, Potomac. Visit [www.amessageofhopecf.org](http://www.amessageofhopecf.org).

## CALENDAR



Pack-o-Pups by Stephen Hansen

**DEC. 1 TO FEB. 25**

**Year's End/New Beginnings.** Meet the Artist's reception is Dec. 7 from 6 to 8:30 p.m. At Zenith Gallery and throughout Chevy Chase Pavilion. At Chevy Chase Pavilion, 5335 Wisconsin Ave., N.W., Washington, D.C. Visit [www.zenithgallery.com](http://www.zenithgallery.com) or call 202-783-2963.

**DEC. 19 TO JAN. 12**

**Lights Up!** VisArts presents the work of artists utilizing light as a medium. At the VisArts Kaplan Gallery, second floor. Opening reception is Wednesday, Dec. 21 from 7 to 9:30 p.m. Visit the VisArts website [www.visartscenter.org](http://www.visartscenter.org) for additional events.

**DEC. 5 TO JAN. 5**

**Tough Guys and Cool Girls.** True Selves or Codes of Conduct? Paintings, Prints and Drawings by Halcy Bohem. Artist's Reception is Sunday, Dec. 4 from 4 to 6 p.m. At Landow Gallery at the Landon School, 6101 Wilson Lane, Bethesda. Exhibit open weekdays 8:30 a.m. to 3:30 p.m. and weekends by appointment 301-346-4405

**DEC. 4 TO JAN. 3**

**Rockville Art League.** Sculpture, painting, mixed media artwork on display at the Glenview Mansion Art Gallery at Rockville Civic Center Park, 603 Edmonston Dr., Rockville. The show will open with a reception held in conjunction with the Glenview Mansion Holiday Open House, Sunday, Dec. 4, 1:30-3:30 p.m. Visit [www.rockvillemd.gov/events](http://www.rockvillemd.gov/events). Visit [www.rockvillemd.gov/arts](http://www.rockvillemd.gov/arts) or contact Julie Farrell at 240-314-8682 or [jfarrell@rockvillemd.gov](mailto:jfarrell@rockvillemd.gov).

**NOW THROUGH DEC. 30**

**From Forge to Form: Modern Ironwork and the 78th Annual International Exhibition of Fine Art in Miniature.** Simultaneous exhibitions feature 700 pieces of art. From Forge to Form will illustrate the evolution of blacksmithing from a utilitarian trade to a growing artistic medium, featuring 32 pieces of ironwork, totaling 3,500 pounds, by Virginia-based artists Frederic Crist and Nol Putnam. The juried Fine Art in Miniature exhibition features 667 meticulously painted, sculpted, carved and crafted micro-works from 252 artists. At the Mansion at Strathmore. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**JAN. 3 TO FEB. 4**

**Faces.** Paintings by Shari Hookman Berger and New Work by Gallery Artists. Artist's reception is Friday, Jan. 13 from 6 to 9 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit [waverlystreetgallery.com](http://waverlystreetgallery.com).

## THEATRE

**NOW THROUGH DEC. 31**

**"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](mailto:c.piper@thepuppetco.org) or visit [www.thepuppetco.org](http://www.thepuppetco.org). For reservations, call 301-634-5380.

- ❖ Dec. 3 — "Nutcracker Fantasy"
- ❖ Dec. 10 — "Nutcracker Fantasy"
- ❖ Dec. 11 — "Nutcracker Fantasy"
- ❖ Dec. 14 — "Nutcracker Fantasy"
- ❖ Dec. 17 — "Nutcracker Fantasy"
- ❖ Dec. 18 — "Nutcracker Fantasy"
- ❖ Dec. 21 — "Nutcracker Fantasy"
- ❖ Dec. 26 — "Nutcracker Fantasy"
- ❖ Dec. 28 — "Nutcracker Fantasy"
- ❖ Dec. 31 — "Nutcracker Fantasy"



**NOW THROUGH DEC. 31**

**"The Nutcracker."** Presented by the Puppet Co. Tickets are \$10/adults and children. Show Times are Thursdays & Fridays at 10 and 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Exceptions: Nov. 25 and Dec. 26 - 31, performances at 11:30 a.m. and 1 p.m. 50 minutes. Call 301-634-5380 or visit [www.thepuppetco.org](http://www.thepuppetco.org).

## LET'S TALK Real Estate



by  
**Michael Matese**

### The Risks of A Jumbo Mortgage

Fannie Mae and Freddie Mac, two government sponsored lenders who set the standard for loans, buy the bulk of residential mortgages from banks and other lenders. When their limits don't cover the full loan amount, it's referred to as "Jumbo Mortgage."

Lenders will service a jumbo mortgage, but the borrower must understand up front that not only will the interest rate on a jumbo mortgage be greater, but because the lender is taking a greater risk, the spread can fluctuate between .25 and .5% or even higher.

Something else to be prepared for, although it is a subjective thing: lenders may sometimes require two appraisals before approving the loan. Refinancing is also a consideration, as refinancing a jumbo mortgage can be affected due to closing costs. Instead, some lenders may offer a service of an extension (consolidation) agreement, to keep the borrower from having to pay the mortgage tax again on the same principal.

If you want to speak to a lender about working on a Jumbo Mortgage, consider consulting a professional who specializes in Jumbo Mortgages before making any decision.

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

**MICHAEL MATESE**  
Long & Foster Realtors  
**301-806-6829**

[Mike@michaelmatusse.com](mailto:Mike@michaelmatusse.com)



## Joyful Sounds at Strathmore!

### Maryland Classic Youth Orchestras Winter Concerts



**SUNDAY, DECEMBER 4 at 3 pm**

*Chamber Strings, Young Artists, Symphony*

**SUNDAY, DECEMBER 4 at 7 pm**

*Harp Ensemble, Chamber Orchestra featuring soprano Ah Hong Young, and Philharmonic*

**TICKETS: \$20 adults;  
\$12 children under 18,  
seniors, and music teachers**  
**Strathmore Ticket Office:  
301-581-5100**  
[www.strathmore.org](http://www.strathmore.org)

**Special group rates: 301-581-5199**  
[www.mcyo.org](http://www.mcyo.org) **mCYO**

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for over  
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# Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

In October 2011, 30 Potomac homes sold between \$3,650,000-\$15,000.

*Sales in October, \$800,000 to \$1.3 million*



① 9910 Woodford Road, Potomac — \$1,212,500



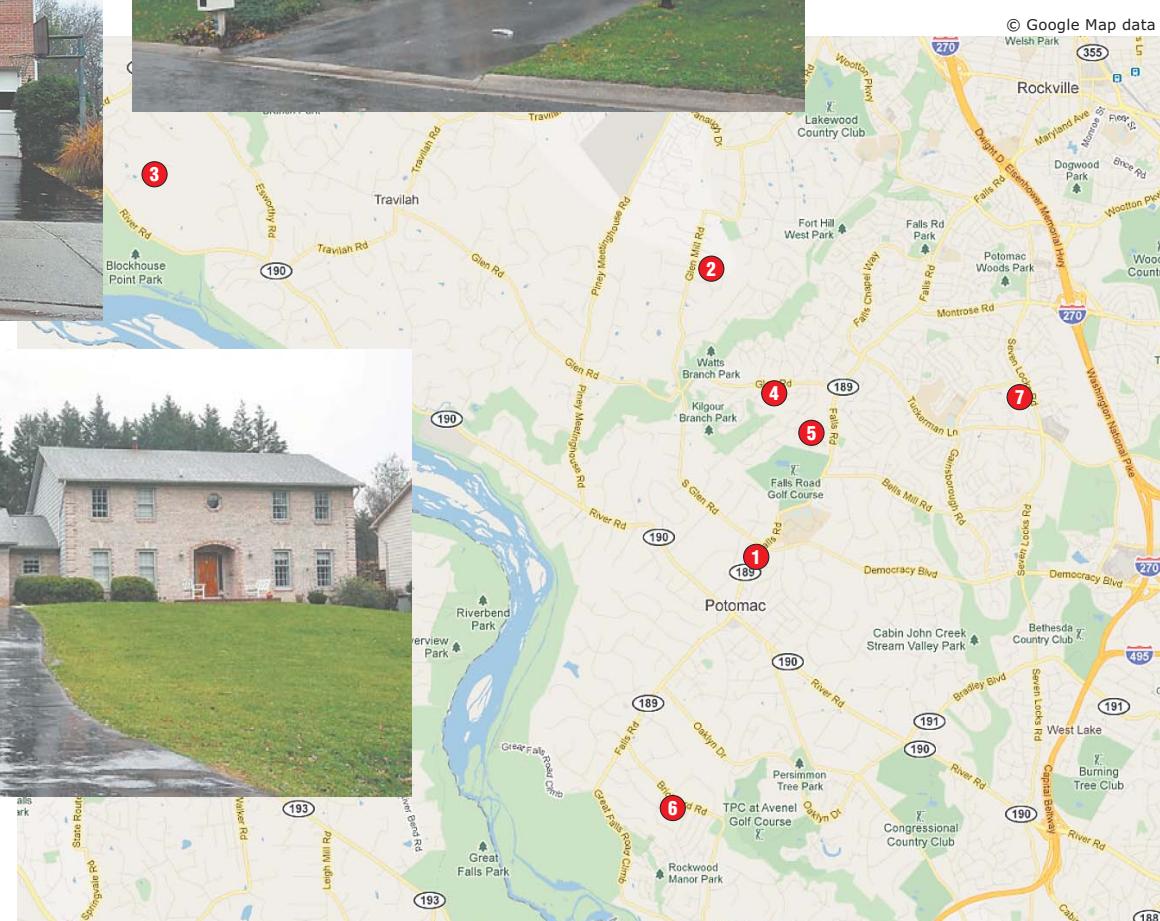
② 12527 Grey Fox Lane, Potomac — \$1,160,000



④ 9806 Glynshire Way, Potomac — \$1,125,000



⑤ 9439 Sunnyfield Court, Potomac — \$899,000



⑥ 10621 Rock Run Drive, Potomac — \$847,000



⑦ 7919 Ivymount Terrace, Potomac — \$800,000

Address ..... BR FB HB .... Postal City .... Sold Price ... Type ..... Lot AC .. PostalCode ..... Subdivision ..... Date Sold

- ① 9910 WOODFORD RD ..... 4 .. 4 .. 1 ..... POTOMAC ..... \$1,212,500 .... Detached ..... 0.46 ..... 20854 ..... POTOMAC OUTSIDE ..... 10/31/11
- ② 12527 GREY FOX LN ..... 6 .. 5 .. 0 ..... POTOMAC ..... \$1,160,000 .... Detached ..... 0.44 ..... 20854 ..... GLEN MEADOWS ..... 10/20/11
- ③ 14539 PETTIT WAY ..... 6 .. 4 .. 2 ..... POTOMAC ..... \$1,150,000 .... Detached ..... 2.04 ..... 20854 .... DARNESTOWN OUTSIDE ... 10/03/11
- ④ 9806 GLYNSHIRE WAY ..... 4 .. 4 .. 1 ..... POTOMAC ..... \$1,125,000 .... Detached ..... 0.28 ..... 20854 ..... CLAGETT FARM ..... 10/21/11
- ⑤ 9439 SUNNYFIELD CT ..... 4 .. 3 .. 2 ..... POTOMAC ..... \$899,000 .... Detached ..... 0.28 ..... 20854 ..... BEDFORDSHIRE ..... 10/27/11
- ⑥ 10621 ROCK RUN DR ..... 4 .. 3 .. 1 ..... POTOMAC ..... \$847,000 .... Detached ..... 0.46 ..... 20854 ..... FAWCETT FARMS ..... 10/19/11
- ⑦ 7919 IVYMOULD TERR ..... 4 .. 2 .. 1 ..... POTOMAC ..... \$800,000 .... Detached ..... 0.58 ..... 20854 ..... REGENCY ESTATES ..... 10/12/11

SOURCE: MRIS, Inc. For more information on MRIS, visit [www.MRIS.com](http://www.MRIS.com)

## NEWS

# Tally Ho Celebrates 40 Years

**Restaurant has grown with the community.**

BY SUSAN BELFORD  
THE ALMANAC

**F**orty years ago in 1971, Youlla and Pete Vellios bought a little space in the Potomac Pharmacy, just behind their current Tally Ho restaurant. They were both very young and barely spoke English. Their restaurant had only 20 seats and a small but cozy kitchen. Only Mitch and Bill's, the Safeway and a few other stores existed in "downtown Potomac."

For 20 years, they served breakfast and lunch to Potomac residents — then a very small country town with one stoplight at the corner of River and Falls Roads. As the years went by, they continued to improve their menu, expanding their all-day breakfast, adding soups, gyros, sandwiches and building a reputation for quality food and low prices. Their most famous sandwich was called the "Potomac Satisfier." It was a twisted roll with grilled ham, Swiss cheese, bacon, sauce, lettuce, tomato and onion.

In 1991, they bought more space in the same shopping center and opened a full-scale restaurant with 80 seats. The Vellios decided to keep the same name — Tally Ho — because they were known by that name — and it was representative of Potomac life. They added a dinner menu with Greek and Italian food, pizza, salads and soups — all freshly prepared in the restaurant with Youlla's own recipes handed down from her mother and mother-in-law.

"We don't ever cut corners," she said. "Everything is home-made from scratch. I make the lamb, orzo, salad and green beans Greek-style and everyone loves them. Our breakfast crowds are huge — customers love our blueberry and chocolate chip pancakes, omelettes, bagels and lox, home fries — and the portion size."



**Andreas, Youlla and Pete Vellios.**

"Our staff has been with us a long time. My husband is the cook — he loves grilling the food. Emmitt has been with us for 35 years and everyone else has been here at least 10 years. My sister was with us for 36 years, but now she has her own restaurant on New Hampshire Avenue. We are very fortunate to have our son Andreas who helps us manage the restaurant."

The Vellios' nephews worked at Tally Ho and received their "first steps" there, according to Youlla. They now own the Cava chain of Greek restaurants

Customers come back again and again for the avalemono soup, mousaka, pizza, grape leaves, stuffed cabbage and the leg of lamb. Police officers are given a special price of \$5 for any item on the menu as a way of saying "Thank you" for all they do for Montgomery County citizens. The restaurant is open seven days a week from 7 a.m. – 9 p.m. It is closed on Thanksgiving, Christmas Day and New Year's Day.

The Vellios have no desire to open more restaurants and no plans to retire. They have two children and five grand-children and they now want to focus on being "Yia-yia" and "Pappouli." They travel back to Pete's native Athens and Youlla's native Cyprus every few years.

To learn more about Tally Ho restaurant, view its website at [www.tallyho.com](http://www.tallyho.com).



## 'Faith in Action' Attracts 350

FROM PAGE 3

tant gap for the needy in our community," said Adams. He also explained MCMF's role in assisting with the newly formed Fund for Montgomery that will "ensure the continuity of community-building programs in the county and plan and promote events that celebrate our county's community service, diversity and heritage."

Kameisha L. Bennett, programs and administration officer of Interfaith Works said, "Interfaith Works commends MCMF for all of their fundraising efforts



**Amina Rashid's card.**

to help the less fortunate. We look forward to continuing such a strong partnership in the future. I applaud MCMF's effort and dedication to strengthening the community through their faith."

A highlight of the evening was 6-year-old Amina Rashid who presented \$575 to the MCMF for Thanksgiving dinners and the Christmas Holiday gift baskets. She explained that she had raised

the money by selling her hand-made cards for "poor people." She received a standing ovation as the youngest MCMF volunteer.

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# SPORTS

## Arthur-Williams Leads Experienced Churchill Girls

**Bulldogs return core group from regional semifinal run.**

BY JON ROETMAN  
THE ALMANAC

Sarafina Arthur-Williams established herself as a power in the paint during her sophomore and junior seasons, using her 6-foot-1 frame to pile up points and rebounds.

Now a senior, Arthur-Williams wants to elevate her game to another level.

"I just want to dominate," she said, "[and] be 10 times better than I was last year."

What does head coach Kate McMahon think of Arthur-Williams' plan?

"Feel free," the Bulldogs' third-year leader said with a chuckle.

Arthur-Williams will be the Bulldogs' most important player at each end of the floor during the 2011-12 season. With her presence in the post and a group of talented guards, a Churchill team that graduated three players from a group that reached the 2011 4A West Region semifinals has its sights set on another deep playoff run.

"[I want to] show my team that I'm not the only good player on the team," Arthur-Williams said. "Everyone can contribute greatly."

Arthur-Williams is committed to the University of North Carolina-Greensboro. She recorded a double-double in each of Churchill's three playoff games last year, averaging 15 points and 17 rebounds in the postseason.

"I think she's going to have a great year," McMahon said. "I think she put in a lot of work over the summer. ... I think she's ready [to dominate]. I think she knows she can, which is often with girls the hardest thing. I see it happening."

Junior post Alaine Thronson provides the Bulldogs additional size inside.

Churchill returns a talented group of perimeter players in seniors Kim Deausen and Jill Beauregard, and juniors Katie Jenkins and Shira Racoosin.

### SPORTS BRIEFS

#### Upcoming Churchill Games

The boys basketball team will travel to face Damascus at 7 p.m. on Tuesday, Dec. 6.

The swim team will compete against Poolesville at the Gaithersburg Aquatic Center at 11:30 a.m. on Saturday, Dec. 3.

The wrestling team will host Northwood at 6 p.m. on Dec. 7.

The PG Spots and Learning Complex will host an indoor track scrimmage at 8 a.m. on Saturday, Dec. 3.

#### Upcoming Whitman Games

The boys basketball team will travel to face Poolesville at 7 p.m. on Tuesday, Dec. 6. The



**Churchill senior and UNC-Greensboro commit Sarafina Arthur-Williams said she wants to "dominate" during the 2011-12 season.**



**Senior Kim Deausen takes over as Churchill's starting point guard.**



**Senior guard/forward Jill Beauregard is one of Churchill's top perimeter threats.**

### 5Q

#### Five questions with Churchill junior Katie Jenkins



**Q: What location is the farthest you've traveled from the Washington, D.C. metro area?**

A: I went to California this summer with my softball team.

**Q: What is your favorite winter activity?**

A: Tubing. I think tubing is fun.

**Q: What is the best feeling you can have on the basketball court?**

A: I like getting a steal. That's my favorite.

**Q: What is your favorite song?**

A: "Would You Go With Me" by Josh Turner. I'm a big country fan. I just love it.

**Q: You're also a standout softball player. What's the biggest difference between the two sports?**

A: The intensity and the wait time in softball. In basketball, it's so much faster and up-pace.

— JON ROETMAN

girls basketball team will host Poolesville at the same time.

The wrestling team will host Poolesville at 6 p.m. on Dec. 7.

The swim and dive teams will face Magruder at 9:15 a.m. on Saturday, Dec. 3 at Olney Swim Center.

The PG Spots and Learning Complex will host an indoor track scrimmage at 8 a.m. on Saturday, Dec. 3.

#### Upcoming Wootton Games

The girls basketball team will travel to face Quince Orchard at 7 p.m. on Tuesday, Dec. 6. The boys basketball team will host Paint Branch at 7 p.m. on Friday, Dec. 9.

The wrestling team will host Richard Montgomery on Dec. 7.

The swim and dive teams will face Rockville at

2:30 p.m. on Saturday, Dec. 3 at Montgomery College-Takoma.

The PG Spots and Learning Complex will host an indoor track scrimmage at 8 a.m. on Saturday, Dec. 3.

#### Upcoming Bullis Games

The girls swim team will travel to face Elizabeth Seton at 4 p.m. on Thursday, Dec. 1. The boys swim team will travel to face DeMatha at the same time.

The girls basketball team will travel to face Archbishop Spalding at 6 p.m. on Thursday, Dec. 1. The boys basketball team will travel to face Episcopal Academy at 5 p.m. on Saturday, Dec. 3.

The wrestling team will participate in the Holloway Tournament at 9 a.m. on Saturday, Dec. 3.

The ice hockey team will host Wootton at 4:15 p.m. on Dec. 7.

## GIFT GUIDE



Anne Martinez of the Art Gallery will paint a portrait of a pet.

## Gift Ideas

FROM PAGE 6

busy all the time and continue to sell our art, although we tend to sell more of the less expensive items.

**Menick:** People still want to give gifts to the special people in their lives to show appreciation and love. We sell many gifts from the heart — ones with sayings that show how they feel. We have also found that our customers are loyal and come back time and time again.

**Webster:** The sales have been much slower this year than last year. The discretionary income for buying hand-made items just is not there. Customers are buying the less expensive items such as bowls and toys, but not the hand-crafted furniture pieces that they would love to have, but cannot justify buying at this time.

**Copenhaver:** Customers are seeing the value of the dollar. Our prices continue to be very low and customers return time and time again. A few years ago, customers would spend lots and lots without really thinking about it. Now, they spend more carefully and thoughtfully — making certain the item is exactly what they are looking for.



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The McLean Connection  
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## All For One (At a Minimum)



By KENNETH B. LOURIE

As mentioned in last week's column, recently I was invited by Genentech/Astellas, the manufacturers of the anti-cancer, targeted treatment drug, Avastin (with which I've been infused for nearly 33 months), and Tarceva (an oral anti-cancer drug which I've never been prescribed) – among others, to participate in a Satellite Media Tour (series of television and radio interviews) in Salt Lake City to help raise lung cancer awareness during Lung Cancer Awareness Month (November, 2011). Much of what I learned was summarized in last week's column. To review and highlight once again: lung cancer is the deadliest form of cancer, combining for more deaths annually (160,000) than breast, prostate and colon cancer combined.

Along with Dr. Wallace Akerley, a nationally-recognized, medical oncologist from the University of Utah, Huntsman Cancer Institute and John Casterline from Orlando, FL., a five-year stage IV lung cancer survivor (originally diagnosed in August, 2006), the three of us were interviewed by 21 different television and radio stations over a five-hour period. Three of the stations had national audiences; most were local, however, from Altoona-Johnstown, Pennsylvania to Miami, Florida to New York City to Phoenix, Arizona, with multiple other media outlets along the way.

The format was similar in each interview. Dr. Akerley began by answering a question – the one most often asked, anyway, concerning the most common misperceptions about lung cancer: "Lung cancer is actually a whole series of cancers. Fifteen percent of lung cancer patients are non-smokers. The discovery of genetic mutations in cancer cells have led to targeted treatments that harm the cell more than the patient, minimizing side effects." The doctor provided the facts and context for John and I to provide the feelings – which we did.

John spoke first and shared his unique journey. After being diagnosed in August, 2006 (seven years after he stopped smoking), he has survived, thrived even, offering these five recommendations: "maintain a positive mental attitude, eat five vegetables and four fruits daily; organic if possible, exercise five to six days a week, take your time to get a second, even a third opinion about the doctor and the facility that you choose to treat you," and finally he credits the drug Tarceva for his success.

Then I spoke, always in response to the same question about my story. My story is a little different from John's. "I am a lifelong non-smoker, with a family history – going back to grandparents on both sides, of NO CANCER. In addition, neither of my parents smoked cigarettes during my life, and since I've not worked in an office – and my wife never smoked cigarettes, my exposure to second-hand smoke has been minimal. Yet, here I am, at age 54, diagnosed with stage IV lung cancer, a terminal disease."

Dr. Akerley then answered a follow-up question to finish about where one can go for additional information. He suggested "first discussing symptoms with your doc," but also referred those interested to three Websites: "Lungcanceralliance.org, cancer.net and cancer.gov where they could find very user-friendly content," that he himself uses.

Each segment lasted about a minute. Occasionally, there were follow-up questions, as time allowed. There were no call-ins. The interviews were back-to-back with frequent breaks. It was not hard labor nor was there any heavy lifting. It was a bit fatiguing but we were directed well, hydrated well and fed well. Initial feedback has been positive.

It was an honor and a privilege to assist in promoting lung cancer awareness. If I had to do it over again, I would – in a heartbeat, which, thanks to Avastin, is still beating strongly, nearly 33 months post-diagnosis.

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

# Beating the Holiday Blues

**Area experts offer advice on keeping money woes, family conflict and loneliness from ruining your holiday season.**

BY MARILYN CAMPBELL  
THE ALMANAC

**A**sk the average person what feelings come to mind as they enter the month of December and you're likely to get responses that range from joy and excitement to grief and dread.

"Overwhelmed," said a Burke, Va. mother of two whose husband is deployed overseas.

"Nervous," replied an Arlington, Va. father of four who recently lost his job.

For many, what is often billed as the most joyous time of the year can bring anxiety, loneliness and depression.

"The media portrays the holidays as this never ending blissful time," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, Va. "People [often say] 'I should have a loving, warm family. I should have the perfect holiday season. We should be merry 24-7.' Those expectations are going to lead to depression and feeling anxious because there is no such thing as the perfect anything much less the perfect holiday season."

Mental health experts say that holiday blues are caused most often by family conflicts, over-commercialization, grief, stress, fatigue, unrealistic expectations, financial limitations and an inability to be with family and friends. Local therapists offer suggestions for minimizing Yuletide stress and depression.

#### DEVELOP A HOLIDAY STRATEGY

From shopping for presents to dealing

with difficult relatives, it is important to think ahead about how you will deal with challenging scenarios.

"Plan strategies for how you're going to cope with situations," said Dr. Robert Hedaya, M.D., D.F.A.P.A., Clinical Professor of Psychiatry at Georgetown University School of Medicine and founder of the National Center for Whole Psychiatry in Chevy Chase. "Maybe it is limiting your time with a family or maybe it is getting away for the holiday if you don't have family."

#### BE REALISTIC

"Do everything you can not to buy into what the culture or anyone else says your life should look like during this time of year," said Dr. Jeffrey W. Pollard, Executive Director of Counseling and Psychological Services at George Mason University. "There is nothing wrong with having the life that you had three months ago."

#### STICK TO A BUDGET

Trying to buy happiness or holiday cheer with an abundance of gifts is setting the stage for anxiety and depression.

"One of the other things that happens is that people will put themselves in a financial bind in order to ... make sure everything is perfect or is happening the way that others want it to happen," said Pollard.

Decide how much money you can afford to spend, create a budget and stick to it.

#### KEEPING THE FAITH

Religious differences can be one of the thorniest issues to negotiate during the holidays.

The home of McLean-based psychotherapist Toni Coleman will sparkle with Hanukkah blue and Christmas red this holiday season, as it does every year. Coleman, who is Catholic, and her husband who is Jewish, have been navigating their way through the fusion of Christian and Jewish customs since they were first married nearly 25 years ago.

"When you start out getting married and you're of different faiths, there is a lot of stress if you've got families of origin with agendas who want you to celebrate their way," said Coleman who is the mother of four children. "We negotiated it extremely well." Coleman and her family celebrate both Hanukkah and Christmas. She encourages others who face the same challenge to keep a positive attitude about both religions, find ways to compromise and start their own traditions.

#### ACKNOWLEDGE FEELINGS; ASK FOR HELP

Feelings of sadness and grief over the loss of a loved one or an inability to be with family and friends can intensify during the holidays. Experts say it is important to acknowledge and express these feelings and ask for help.

"Reach out to your sources of support like friends who know you well and won't make judgments," said Calusic, who lives in Arlington and has a private practice in Falls Church, Va. "It is useful to lean on the people who know you on a day-to-day basis."

Support and companionship can be found through community or religious activities.

#### MORE EXERCISE, LESS SUGAR AND ALCOHOL

Don't allow the holidays to become a free-for all when it comes to wellness.

"You want to ensure that you're functioning as well as you can mentally and physically as you go into this time of stress," said Hedaya. "If you are going into a rough time you need to have better reserves. You need to limit your use of alcohol or stimulants."

Making an effort to practice healthy habits is a tool in battling holiday blues.

"Exercise is a huge part of it. Go for walks, hit the gym, or any kind of outlet that you can find to release nervous energy and depression," said Calusic. "Everyone loves their cookies and cakes and holiday favorites. But constantly eating sugary and fattening foods definitely has an impact on mood and anxiety levels."

#### HELP OTHERS

Benevolence is a mood booster.

"Is there any opportunity to do some volunteer work," said Pollard, of George Mason. "If you find yourself in a funk and you want to get out of it, help somebody, volunteer somewhere. You'll be surprised how good that can make you feel."

Coleman, the McLean therapist, has employed this strategy and encourages her clients to do the same. "If a family feels that it



PHOTO COURTESY OF LINDA BERG-CROSS

**Potomac-based clinical psychologist Linda Berg-Cross, Ph.D. says that the best motto for preventing holiday stress and depression is "less is more."**

is going to be a difficult holiday, and they are grieving or have a loss in their life, they can fill it by trying to celebrate the real spirit of the holidays which is doing for others," she said. "There is a tremendous amount of pleasure and satisfaction in that."

#### ENVIRONMENT PLAYS A ROLE

Mental health professionals say that some people suffer from seasonal affective disorder (SAD), a condition that results from less exposure to sunlight as days grow shorter.

"It is a mild variant of depression that falls in line with the shorter days of fall and winter," said Calusic. "It is much more common than people give it credit for." One of the most popular remedies is phototherapy, a treatment involving exposure to intense light.

"The best thing to do is get a dawn simulator which is a small light box that you keep near your bed and set it to go off three hours before your desired waking time. It recreates the dawn experience. It is the best form of light treatment."

#### LEARN TO SAY NO

"In our area people have one or two [holiday activities] every night," said Linda Berg-Cross, Ph.D. a Potomac-based clinical psychologist and a professor in the Department of Psychology at Howard University. "[People] want to create merriment, but what they're creating is stress. The best motto for preventing holiday stress and depression is less is more."

Making realistic decisions about what you can and cannot do will quell anxiety.

"The key ... is to make a plan that allows you to include the most meaningful [activities] only," said Coleman. "This involves conscious decisions to forego some things and set limits on others."

Berg-Cross encourages her clients to focus on connecting with others. "Whatever you decide to do try to be present in it and experience that engagement," she said. "The top priority [should be] that you had chance to sit down with somebody and breathe and create space for the human encounter because ultimately that is what people most often remember."

## Bazaar Supports Several Charities

FROM PAGE 3

that's why we return year after year and work so hard for three days. We have a multigenerational group of women with mothers, daughters and grandmothers working together to make a difference in the world we live in."

"It's doing something for the good of lots and lots of people, but also for us," added Holt.

This Boutique is recognized by vendors and shoppers as one of the premier philanthropic bazaars in the area. Several new vendors will be attending this year, including, "Knit 1, Cure 1," "It's Personal," "Studio Neshama," "Buckle and Bling.com," and "Zermatt Outerwear." The silent auction will feature themed gift baskets, restaurant certificates, va-

cation homes and hotel stays, sports and theater tickets and a wealth of other desired items to bid on.

To celebrate its Silver Anniversary, the WHC Sisterhood will be holding a special event for shoppers each day of the Boutique. A champagne toast will be held Sunday at 11 a.m., a wine and cheese reception will be featured Monday at 6 p.m. and anniversary cake will be served at 5 p.m. on Tuesday.

Boutique hours are: Sunday, Dec. 4 from 10 a.m. – 6 p.m., Monday, Dec. 5 from 10 a.m. – 8 p.m. and Tuesday, Dec. 6 from 10 a.m. – 7 p.m. Admission is free. The Bindeman Suburban Center is located at the intersection of Falls Road and Tuckerman Lane. For more information, call 301-455-3646.

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