

Potomac ALMANAC

Looking Ahead

Nick Maravell, organic farmer, has farmed the 20-acre Brickyard site for 31 years. The county has extended his lease to Aug. 15.

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Helping
Children
With ADHD

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Keeping
New Year's
Resolutions

WELLBEING, PAGE 9

A Memorable
2011 Season

SPORTS, PAGE 8

PHOTO BY MARY KIMM / THE ALMANAC
CALENDAR, PAGE 6 ♦ SPORTS, PAGE 8 ♦ CLASSIFIED, PAGE 10

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GETTING AROUND

Lifetime Achievement Award to Kiplinger

BY CISSY FINLEY GRANT
THE ALMANAC

One could scan the audience at The Writer's Center and measure the diversity of 93-year-old Austin Kiplinger's life span of accomplishments from professional to philanthropic. Representatives from both categories responded to an invitation where he was presented with The Writer's Center prestigious Lifetime Achievement Award in Journalism.

The award touched one aspect of many achievements in which Kiplinger has accomplished throughout a 70-year career. The recipient has told it like it is, via radio, television or print. He experienced them all, but it is the latter for which he is now internationally recognized.

Giving a synopsis of Kiplinger's life's work, The Writer's Center vice chair, Neal Gillen, ran down a docket of career choices: radio (Chicago ABC and NBC affiliates), television (also Chicago ABC and NBC affiliates) and of course print journalism, from east to west coasts. It is in the Washington area he came home to roost and has spent the last 50 years of his life following in the footsteps of his late father, W.M. Kiplinger, the 1923 founder of The Washington Kiplinger Letter.

Although the award ceremony took place

during the height of Christmas season events, the Mier Wolf room at the Center was packed with more than 100 of Kiplinger's friends and colleagues. Additional chairs were added in the hallway long before the Center's board chairperson, Sally Mott Freeman, made her opening remarks.

The Center's board members took the seasonal competition seriously. They invited former National Press Club president, and long-time Kiplinger friend, Don Larrabee, to moderate a Q and A session with the man himself. The gesture insured a humorous repartee between the two journalists.

It will no doubt go down in the annals of the Center's history as seemingly the shortest two hours on record where history and humor inter-related. Tales of a 1952 episode, in which Kiplinger scooped worldwide print and voice media by reporting that Eisenhower was the Republican choice to run for president, to helping his friend Larrabee remove "Phryne" a National Press Club risqué portrait, regaled the audience.

The aforementioned "scoop," Kiplinger said, involved him "sneaking in the back door" of a familiar Chicago hotel, locating where the credentials committee was in session and "putting my ear to the door."

In reference to the portrait of "Phryne" that hung for 40 years over the fireplace in the press club lounge, Kiplinger recalled the time Larrabee asked for advice on how to

remove it.

The male press club members certainly admired the portrait. (The original painting of her is that of a famous 4th century, B.C. hetaera.) But, when women were admitted to the club's membership in the early 1960s, the feminists among them took exception to her, shall we say, less than modest appearance.

Alas, "Phryne" was sold to a Brazilian for \$80,000 and the proceeds went to support and rehab the club's library.

Born in Washington, Kiplinger graduated from Western High School and later Cornell University where, in following years, he was named chairman of Cornell's Board of Trustees. He presently is chairman emeritus of the board.

Sandwiched between his early and later journalistic careers, he was a U.S. Navy carrier pilot during World War II. He's been flying high ever since.

Succeeding his father in 1959 as president of the Kiplinger Company, "Kip," as he is known by his multitude of friends, was founder and editor in 1961 of the popular "Changing Times Newsletter, now known as "Kiplinger's Personal Finance Magazine." He stressed good writing and lots of re-writing as a secret to success. He also indicated he tells the readers information they feel they most likely want to know.

Journalism wasn't always his career am-



PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

Austin Kiplinger, right, and former National Press Club president, Don Larrabee, sang to a sold-out audience at The Writer's Center, Bethesda. Larrabee was there to moderate a program designed to honor Kiplinger with a Lifetime Achievement Award.

bition. Referring to younger days, he admitted he had inklings of being a concert pianist, "until I got to the final concert," he said. The printed word, not the ivory keys led to his success, not only in journalism.

He has written several books, "America In Global 90's," and in 2011, "Letter From Washington," in which he declares spans

SEE KIPLINGER, PAGE 5

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New News in the New Year?

Sampling of what to watch for in 2012.

BY KEN MOORE
THE ALMANAC

The County Council elected Roger Berliner, Potomac's representative, to be Council President on Dec. 6, 2011. Berliner (D-1) chairs the T&E Committee (Transportation, Infrastructure, Energy and Environment).

"For every one of the major challenges our county faces, there is a parallel at the state level. A true partnership is called for," he said.



Berliner

Berliner is scheduled to be the guest speaker at the next West Montgomery County Citizens Association monthly meeting. To accommodate larger crowds, West Montgomery will hold

this month's meeting at the Potomac Presbyterian Church, 10301 River Road, at 7:30 p.m. on Jan. 11.

"The coming year holds many challenges for Potomac as well as the entire county, and we welcome the chance to have a discussion about his concerns and ours. The public is most welcome to attend," according to Susanne Lee, president of West Montgomery.



More than 300 people descended on the Potomac Community Center on Thursday, June 9, 2011 to talk about a county proposal to turn 20-acres on Brickyard Road over to a private corporation to develop soccer fields. Most in attendance opposed the proposal, and came wearing green.

QUARRIES

Potomac's four quarries, three near the intersection of River and Seven Locks roads, were all operating at the completion of the Potomac Master Plan in 2002.

Multi-million homes planned for the Giancola Quarry and Stonehurst Quarry sites promise to be some of the most visible changes coming to Potomac.

Stonehurst Quarry (next to the fire sta-

tion) has begun marketing condos that will be priced starting at \$1.1 million. Quarry operations began in the 1830s and run until the natural resources were exhausted, according to Park and Planning documents. The 13.3-acre site has been approved for four five-story buildings and a club house. See

SEE WHAT'S NEW, PAGE 11

Airis, 88, West Montgomery Activist

Marcia M. Airis, 88, died Nov. 17, 2011 at her home on Martha's Vineyard in Edgartown, Mass.

She died of complications from metastatic breast cancer.

Airis, a longtime resident of Potomac on Gary Road, advocated for West Montgomery County Citizens Association from 1965-1985. She had served as the advocacy group's president.

Airis fought against development in Potomac and helped lead the opposition and rejection of the 1967 Potomac Master Plan, which would have drastically increased density in Potomac, according to her son Lt. Col. John Airis who is retired from the United States Air Force.

Her husband, Thomas F. Airis, served as the longtime director of Highways and Traffic for the District of Columbia.

"There were numerous interesting conversations at dinner time about development issues," said her son John Airis.

The Potomac Master Plan, instead, established the wedges and corridors concept designed to protect the Potomac River watershed area. That concept is still included in the current version of the Potomac Mas-

ter Plan.

AIRIS WAS BORN on May 9, 1923 in Wellesley Hills in Boston. She moved to Silver Spring in 1959 before settling in Potomac.

She performed cello with the U.S.O. Orchestra that toured postwar Germany and Italy in 1946. She continued to play in community orchestras from 1965 to 1985.

She worked for the U.S. State Department from 1948 to 1952, and served on a delegation to the United Nations Observation Team to the Mideast, including Iran, Syria and Saudi Arabia. She received her master's degree in international relations from Columbia University in 1953.

Airis moved to Martha's Vineyard in 1985, where she continued to advocate.

"Anywhere you go, you're going to find things that require citizen involvement," she told The Almanac in a farewell article published on Sept. 4, 1985.

She was instrumental in getting mopeds, then a hazard to bicyclists and pedestrians, banned from bike paths on Martha's Vineyard. The local effort led to a Massachu-



Marcia M. Airis: Photo taken by Bruno of Hollywood in 1946 as part of USO publicity. This was prior to her USO tour playing cello in post-war Germany and Italy in 1946.

setts state law banning mopeds from any bicycle lanes or pedestrian walkways, according to her son.

"Politicians and developers on Martha's Vineyard should be on their best behavior. Because if Airis' track record in Potomac is any indicator of things to come, that little island off the Massachusetts coast could soon be known as Marcia's Vineyard," according to the Almanac article, "Airis Departs: The End of an Era."

Survivors include daughter Susan Epes of Gaithersburg, son Lt. Col. John Airis of Cape Canaveral, Fla., and daughter Janet Airis of Bethesda.

— KEN MOORE

Helping Children With ADHD

McLean School hosts program for parents.

BY SUSAN BELFORD
THE ALMANAC

The McLean School, 8224 Lochinver Lane, Potomac, will be hosting a program for parents of children with ADHD on Saturday, Jan. 7. The program will focus on "The Relationship between ADHD, Executive Function and Self-Regulation." Washington D.C. clinical neuropsychologist Dr. William R. Stixrud, Ph.D. will be the presenter. The lecture will lead into the McLean School Open House from 1 - 3 p.m. Attendees are not obligated to stay for the Open House.

According to Judy Jankowski, admissions director of the McLean School, "Through his anecdotal stories, Dr. Stixrud gives practical solutions for dealing with the challenges of ADHD. He provides valuable insights and numerous recommendations for parents, teachers and staff about the best methods for meeting the needs of ADHD children. He believes in the team approach of the child, parent, physician and school working together to choose consistent and realistic expectations for each child."

Stixrud's presentation will focus on the importance of three core executive functions: inhibition, working memory and cog-

SEE ABOUT ADHD, PAGE 10

New Year, New Challenges

Budget cuts worry Friends of Library.

BY MONTIE MARTIN
THE ALMANAC

New challenges and opportunities await the Potomac library as 2012 arrives, and Edie Winegate plans to tackle the issues as the new president of the Friends of the Library.

Winegate became a board member of the Potomac Chapter Friends of the Library in July, where she presided as membership chairman.

"We are happy to have over 100 members, and clearly we would like to increase membership over the coming year," said Winegate. "As president there's more to be concerned about, but the former president picked some great people to fill positions

SEE LIBRARY FRIENDS, PAGE 10

'Temple of Peace'

BY SUSAN BELFORD
THE ALMANAC

The film, "Temple of Peace," is the story of a Muslim whose generosity has helped to bridge the gap between Jewish and Muslim communities. It will be shown Tuesday, Jan. 10 at 8 p.m. at Congregation Har Shalom, 11510 Falls Road in Potomac. Evening services (Ma'ariv) will be at 7:45 p.m. for those who would like to participate or observe. After the film, there will be a moderated

interfaith dialogue about the role of tzedaka (charity) in halakha (Jewish religious law) and sadaqa (charity) in sharia (Arabic religious law). The service, film and discussion are all open to the public.

The documentary tells the story of Fadil Bayyari — a Muslim building contractor who volunteered to serve pro bono as general contractor for the building of a synagogue in Fayetteville, Ark. The members of Temple Shalom had just about given up on their dream to build a house of worship when Bayyari heard of their plight and do-

nated his time and skill to help them in their quest. The congregation raised funds to pay for the building materials but never could have built it without Bayyari's offer. He saved them more than \$200,000 — and made their dreams come true. After 26 years without a synagogue, they will be able to worship in their own temple next year.

"I'm hoping that what we're doing here will be an example for others to follow around the U.S. and maybe this will be taken back to ... Palestine and Israel." Bayyari said in Jewish Journal.com. "If we get along with each other here, respect each other, and have wonderful relationships, then maybe they will want to do the same. They've had wars for centuries. Maybe it's

about time to build up some good will and respect for each other's way of life." Bayyari emigrated from Palestine 40 years ago where he had lived on the West Bank.

Dr. Ira Weiss, a member of Har Shalom will be facilitating the dialogue following the film. He has invited Muslim acquaintances to attend and participate in the evening's events. He said, "There are so many similarities in the Muslim and Jewish faiths — in the vocabulary and the worship services. I hope everyone will come to observe and take part in the Evening Services as well as the discussion following the film."

He added, "This story is a model for peaceful harmony throughout the world."

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LET'S TALK Real Estate



by
Michael Matese

Points – To Pay or Not to Pay

Homebuyers can often have the option of taking a loan with a lower interest rate by paying points. Points are basically a percentage of the loan amount, usually paid at closing, out of pocket, by the buyer. One point equaling one percent of the loan. Paying points sounds attractive, it gets you a lower interest rate which means lower monthly payment, but is it always a good idea?

Can you deduct points on your income tax? Yes. Points are completely tax deductible for the same tax year as your closing. But this is only for the original loan. For refinancing, the IRS will require that you spread out the deduction over the life of the loan. For example, you refinance at 30 years, you can only deduct 1/30th of the amount. However, if you pay off the loan early, even if it's only five years later, you can deduct the entire remaining amount, but just that tax year. As always, check with a tax professional before making any decisions.

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GETTING AROUND

Kiplinger Receives Lifetime Achievement Award

FROM PAGE 2

“less than half of my life so far.” It relates to his earlier school, war and journalistic experiences up to the time he joined forces with his father in 1959. On the lighter side, one of his earliest books, “The How Not To Book Of Country Life” published in 1973, tells when he and his late wife Gogo, bought Montevideo, their River Road farm, and recounts the joys and misgivings of country life from Fox Hunting with Potomac Hunt to preparing for the St. Francis Potomac house tour.

Reading his books is reminiscent to hearing the man speak. He mesmerizes his audience with poignant historical details interspersed with humor. Concerning his many experiences with early television, which he indicated were not always pleasant, (they included coverage from skid row and execution chambers to art and music) he said, “I can tell you many stories,” and quickly added, “But, I won’t!” He did recollect one concerning a firehouse story where, during a shoot, he was supposed to slide down the pole. When they turned on all the TV equipment, the electricity blew. “I slid down the pole in the dark,” he said, indicating his moment to shine was also blown.

He recalled his early days in the print media with fondness, particularly time spent with the San Francisco Chronicle following his graduation from Cornell. “I’m

still on leave of absence from the San Francisco Chronicle,” he related, adding that several years ago he called the boss to remind him. (Kiplinger left the paper to join the Navy in WW II.) When the boss heard from Kiplinger after all those years he told him he could still have the job, “For the same pay you got when you left.”

Not every Kiplinger prediction paid off. The Kiplinger publication was in print stating Gov. Tom Dewey had won the 1948 election when in fact Harry Truman was the victor. “It cost us, too. It took a long time to recover,” he lamented, adding it was their only big mistake.

A prediction he made at the award ceremony was, “A lot of newspapers we know now will not be here in the next 10 years.” He also remarked on the differences on Capitol Hill today, suggesting they are no worse than they were 50 years ago during the McCarthyism and civil rights days.

Winding down the interview period, an audience member asked him who is one of the most impressive human beings he has known? It took only a few seconds for him to respond, “Rostropovich.” Mstislav Rostropovich, the Russian cellist. “He had courage and strength,” through incredible hardship in Russia. “He did not believe in dictatorship; he believed in freedom of speech. He and his wife were forbidden to perform, sentenced to house arrest and

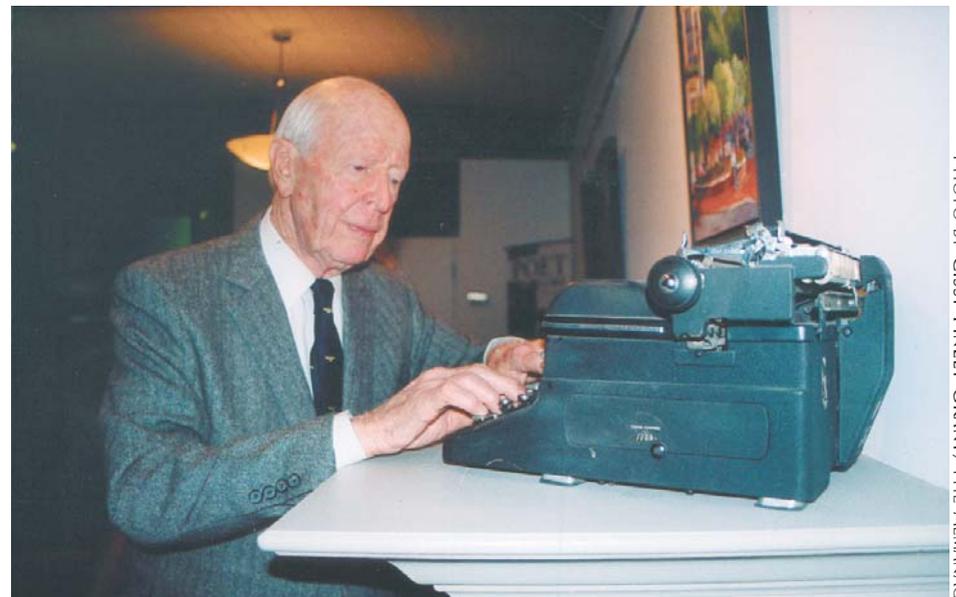


PHOTO BY CISSY FINLEY GRANT/THE ALMANAC

Austin Kiplinger checks out a typewriter at The Writer’s Center very similar to the one he continually uses on a daily basis.

moved to a country dacha,” he recalled later.

Kiplinger and Rostropovich became good friends. Kiplinger was chairman of the board of The National Symphony Orchestra in 1967 when Rostropovich came to Washington and joined the NSO. “I later went to his 70th birthday party in Paris,” he reminisced. “It was four hours of musical heaven with three symphony orchestras playing.” (Rostropovich died in Moscow in 2007.)

That touching story was followed by a Kiplinger-Larrabee duet crooning the National Press Club parody of the Whiffenpoof song, that ends with “Hoot, Hoot, Hoot,” a reference no doubt to the press club’s White Owl members, i.e., those with membership longevity, as both gentlemen have. “White, Silver or Gold Owls. I’ve been there so long I could be a platinum one,” the honoree concluded.

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ENTERTAINMENT

THURSDAY/JAN. 5

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

SATURDAY/JAN. 7

Swing Dancing. 9 p.m. to midnight. Cost is \$18. With Doc Scantlin's Imperial Palms Orchestra. Drop-in beginner swing lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

Pianist Alexander Paley. 8 p.m. Free. All-Tchaikovsky program presented by the Washington Conservatory of Music. At Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda.

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.

Cellist Zuill Bailey. 3:30 p.m. and 8 p.m. Will perform Bach's Unaccompanied Cello Suites at 3:30 p.m. At 8 p.m., Bailey will perform Haydn's Cello Concerto with the National Philharmonic, conducted by Piotr Gajewski. The 8 p.m. program will also include Beethoven's Grosse Fuge, Op. 133 and Mozart's Symphony No. 41 in C Major ("Jupiter"). A free lecture will be offered at 6:45 p.m. on Jan. 7 in the Concert Hall. At the Music Center at Strathmore. Visit nationalphilharmonic.org or call the Strathmore ticket office at 301-581-5100.

SUNDAY/JAN. 8

Kids First Patriotism. Robert Dugger, Ph.D., will discuss "Kids First Patriotism." Dugger is Financial Economist, Managing Partner, for Hanover Investment Group. The quality of human capital, Dugger says, is most dependent on a child's development between conception and 5 years of age. He has concluded that a national policy — and politics — should be focused on kids and families. At River Road Unitarian Universalist Congregation (RRUUC), in Bethesda.

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.

JAN. 8 TO JAN. 31

Photography, Painting Showcased. Joseph Giitter's photography and Mary Kay Kinnish's photography will be featured along with Melissa Miller's oil and acrylics paintings. Reception is Sunday, Jan. 8 from 1:30 to 3:30 p.m. Carol



TUESDAY/JAN. 10

Musicians BettySoo and Doug Cox. 8 p.m. Tickets are \$18/door; \$15/advance. At the Unitarian Universalist Church of Rockville. Visit www.focusmusic.org or contact David Spitzer at focusrockville@earthlink.net or 301-275-7459.

Bullock Finch, in character as "Minerva," will perform show tunes and dreamy songs beginning at 2 p.m. at Glenview Gallery, Rockville Civic Center Park, 603 Edmonston Drive, Rockville.

MONDAY/JAN. 9

Cell Towers. 7:45 to 10 p.m. How do they affect you and your community and how can you participate in the review process? The next monthly meeting of the Montgomery County Civic Federation will focus on those kinds of questions due to growing controversy over how to handle the need for more telecommunication facilities. At the County Council Office Building, 100 Maryland Avenue, Rockville. Visit www.montgomerycivic.org.

TUESDAY/JAN. 10

Musicians BettySoo and Doug Cox. 8 p.m. Tickets are \$18/door; \$15/advance. At the Unitarian Universalist Church of Rockville. Visit www.focusmusic.org or contact David Spitzer at focusrockville@earthlink.net or 301-275-7459.

THURSDAY/JAN. 12

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

JAN. 12 TO 15

"Hairspray." Presented by Musical Theater Center. Schedule: Thursday, Jan. 12 at 7:30 p.m.; Friday, Jan. 13 at 7:30 p.m.; Saturday, Jan. 14 at 2 p.m. and 7:30 p.m.; Sunday, Jan. 16 at 1 p.m. and 6 p.m. Tickets are \$20/adults; \$18/students, seniors and children. Available at the F. Scott Fitzgerald Theatre by calling 240-314-8690. At F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Visit www.musicaltheatercenter.org.

SATURDAY/JAN. 14

"Don't Make Me Bite You!" 1:30-3:30 p.m. Free workshop. St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. To register call 301-983-5913 or email register@yourdogsfriend.info. Speaker: Colleen Pelar, dog trainer and author of "Living With Kids and Dogs ... Without Losing Your Mind." Colleen Pelar will help owners help dogs feel comfortable with people and all the crazy things we do. Leave your dog at

home. Sponsored by Your Dog's Friend [www.yourdogsfriend.info]

Used Book Sale. 10 a.m. to 1 p.m. Most hardback and large paperbacks (trades) are \$1 and regular paperbacks are \$.50. All books are donated by the local community. Sponsored by the Friends of the Library, Potomac Chapter. At Potomac Library, 10101 Glenolden Dr., Potomac.

SUNDAY/JAN. 15

Living Through Shocks and Discontinuities. 10:25 a.m. Free. National Security Challenges and Opportunities Facing the Obama Administration. Peter Wilson of the Rand Corporation will talk about the startling major regime changes around the world during 2011 and discuss the regimes now teetering on the edge of change. Wilson will also explain what security issues face the U.S. and how these issues might affect the 2012 Presidential Election. At River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda, Md., 20817. Call 301-229-0400 or www.rruuc.org.

Waltz Dance. 3:30 to 6 p.m. Admission is \$10. With the Backroads Band. Waltz workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

MONDAY/JAN. 16

MLK Celebration. 4 p.m. Tribute and musical celebration in honor of Martin Luther King Jr. at the Strathmore in North Bethesda. The Day of Service activities include the annual program held at the Bethesda North Marriott Hotel and Conference Center from 1 to 3 p.m. and additional service project sites around the County. There will also be a countywide food drive to benefit the Manna Food Center the weekend preceding MLK Day. For more information about the musical celebration, call the Office of Community Partnerships at 240-777-2570. For information about the Service Day projects, call the Volunteer Center at 240-777-2600.

Claire Lynch in Concert. 7:30 p.m. Cost is \$20/advance; \$25/door. At IMT Rockville, Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Visit www.imtfolk.org.

WEDNESDAY/JAN. 18

Book Discussion. 1 p.m. The Potomac Library Adult Book Club will meet to discuss "The Middle Place." No registration required. At the Potomac Library in Potomac.

THURSDAY/JAN. 19

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

Storytime with Potomac Toddlers. 10:30 a.m. Stories, songs and rhymes for toddlers 12-to-36 months and their caregivers. No registration required. At Potomac Library in Potomac.

Encore Chorale. 1:30 to 3 p.m. The nation's largest and fastest growing choral program for Singers Age 55+, announces start of winter/spring season for Montgomery County Encore Chorales at Washington Conservatory of Music at Glen Echo Park. Conducted by Jeanne Kelly, past conductor of the United States Naval Academy Women's Glee Club and Georgetown University Concert Choir. At 7300 MacArthur Blvd., Bethesda. Call Jeanne Kelly at 301-261-5747 or email Jeanne.kelly@encorecreativity.org

SATURDAY/JAN. 21

"Introduction to Holistic Medicine for Pets." 1:30-3:30 p.m. Free workshop. St. Luke's Episcopal Church, 6030 Grosvenor Lane, Bethesda. Holistic vet Dr. Jordan Kocen of Southpaws will unveil the mysteries of acupuncture, Chinese herbal medicine and homeopathy, and shed light on when it is appropriate to explore these non-conventional therapies for your pet. To register call 301-983-5913 or email register@yourdogsfriend.info.

"Learning About Your New Dog." Free workshop. Your Dog's Friend Training Center, 12221 Parklawn Dr, Rockville. Jeni Grant, CPDA-KA will advise anyone who has recently adopted a dog or is considering adoption. Puppy parents welcome. Leave your dog at home. To register call

301-983-5913 or email register@yourdogsfriend.info.

Swing Dancing. 9 p.m. to midnight. Cost is \$16. With the California Honeydrops. Drop-in beginner swing lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

SUNDAY/JAN. 22

"Mark Rothko." 10:25 a.m. Edward Gero will discuss his insights about art and life from preparing for and performing the role of Mark Rothko in the play "RED." Gero will appear at River Road Unitarian Universalist Congregation, Bethesda. The play runs at Arena Stage from Jan. 20 through March 4. In the play, Rothko and his assistant grapple with form, history, loss, and the meaning of the color red.

Washington Saxophone Quartet. 4 p.m. Free. At the Chevy Chase Presbyterian Church, One Chevy Chase Circle, NW, Washington, D.C.

THURSDAY/JAN. 26

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

Potomac Cuddles Storytime. 10:30 a.m. Stories, rhymes and songs for babies from birth to 11 months and their caregivers. No registration required. At the Potomac Library in Potomac.

JAN. 27 TO FEB. 5

"The Royal Family." Tickets are \$14 and \$16. Performances are Fridays, Jan. 27 and Feb. 3 at 8 p.m.; Saturdays, Jan. 28 and Feb. 4 at 8 p.m.; and Sundays, Jan. 29 and Feb. 5 at 2 p.m. To purchase tickets from the box office visit www.rockvillemd.gov/theatre or call 240-314-8690 between the hours of 2 and 7 p.m., Tuesday through Saturday. At Rockville Civic Center Park, 603 Edmonston Drive, Rockville.

SATURDAY/JAN. 28

Open House. 2 to 6 p.m. Free. Kids can play and check out the facility for free. There will be discounts on classes, birthday parties, camps plus raffles. At My Gym Potomac. Visit www.mygym.com/potomac.

SUNDAY/JAN. 29

Open House. 9:30 a.m. to 1:30 p.m. Free. Kids can play and check out the facility for free. There will be discounts on classes, birthday parties, camps plus raffles. At My Gym Potomac. Visit www.mygym.com/potomac.

"Riddle of the Arab Spring." 10:25 a.m. Lawrence de Bivort, Ph.D., a specialist in Arab and Muslim affairs, will explain the daunting policy issues that the countries of the Arab Spring now face. At RRUUC, 6301 River Road, Bethesda. Visit www.rruuc.org or call 301-229-0400.

Waltz Dance. 3:30 to 6 p.m. Admission is \$10. With the Waltzing Stars Band. Waltz workshop from 2:45 to 3:30 p.m.; dancing from 3:30 to 6 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org or e-mail info@WaltzTimeDances.org.

THURSDAY/FEB. 2

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

FEB. 4 AND FEB. 5

Pianist Daniil Trifonov. Performs Tchaikovsky's majestic Piano Concerto No. 1 in B-flat minor with the National Philharmonic, led by Music Director and Conductor Piotr Gajewski. Performs on Feb. 4 at 8 p.m.; and Feb. 5 at 3 p.m. To purchase tickets, visit nationalphilharmonic.org or call the Strathmore ticket office at 301-581-5100. At the Music Center at Strathmore in North Bethesda.

THURSDAY/FEB. 9

Storytime with Potomac Toddlers. 10:30 a.m. Stories, songs and rhymes for toddlers 12-to-36 months and their caregivers. No registration required. At Potomac Library in Potomac.

SATURDAY/FEB. 11

Extreme Chopin with Pianist Brian Ganz. 8 p.m. Ganz will explore the theme of "Dances and Fantasies" in his second Chopin recital at the Music Center at Strathmore. To purchase tickets visit nationalphilharmonic.org or call (301) 581-5100. At the Music Center at Strathmore.



SATURDAY/JAN. 7

Pianist Alexander Paley. 8 p.m. Free. All-Tchaikovsky program presented by the Washington Conservatory of Music. At Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda.

FINE ARTS

MONTH OF FEBRUARY

The Montgomery County Plein Air Artists will exhibit their works at River Road Unitarian Universalist Congregation (RRUUC), Bethesda, during the month of February 2012. The term "en Plein air" originated with Monet and refers to the fact that the art works were painted outdoors. The MCPAA began in 2004 and its artists use varied mediums, including oil, watercolor, acrylics and pastels. The art show, titled "Preserving Our Sense of Place and Time," will exhibit works that are available for purchase. The exhibit is free and open to the public. River Road Unitarian Universalist Congregation (RRUUC), is located at 6301 River Road, Bethesda. Call 301-229-0400 or visit www.rruuc.org

NOW THROUGH FEB. 25

Year's End/New Beginnings. At Zenith Gallery and throughout Chevy Chase Pavilion. At Chevy Chase Pavilion, 5335 Wisconsin Ave., N.W., Washington, D.C. Visit www.zenithgallery.com or call 202-783-2963.

NOW THROUGH 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 for additional events.

JAN. 11 TO FEB. 5

January Group Show. Four featured artists are Frank Capello, Emily Lane, Donna McGee and Andy Unger. Gallery hours Wednesday-Saturday from 12-6 p.m. There will be an opening reception Friday, Jan. 13, in conjunction with the Bethesda Art Walk, from 6-9 p.m. At Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Call 301-215-6660 or <http://www.bethesda.org>.



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.

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.

OPEN HOUSE LISTINGS

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POTOMAC
ALMANAC

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.

William Lewis, a senior from Potomac, has recently been named to the Honor Roll for the fall term at The Loomis Chaffee School.

Colin Cameron of Potomac graduated from York College of Pennsylvania on Dec. 21. Cameron earned a Bachelor of Arts degree in Public Relations and History.

Adam Pelta-Pauls of Potomac, a senior at Gettysburg College, participated in the Fall 2011 production of "Blood Wedding."

The following students are among the 765 students who entered Colgate University this fall as members of the Class of 2015:

❖ **Jeffrey Brandon Johnson**, of Potomac, son of Mr. Jeffrey M. Johnson and Mrs. Colleen J. Johnson. Johnson is a graduate of the Landon School.

❖ **Katherine Eleni Sotos**, of Potomac, daughter of Dr. George A. Sotos and Mrs. Margaret A. Sotos. Sotos is a graduate of The Madeira School.

❖ **Juliane Viktoria Wiese**, of Potomac, daughter of Dr. Arthur M. Wiese and Mrs. Christiane Wiese. Wiese is a graduate of The Academy of the Holy Cross.

❖ **Michael Boyland of Potomac**, a Junior at Gettysburg College, is spending the Fall 2011 semester studying in China.

❖ **Julia Hammond of North Potomac**, a Junior at Gettysburg College, is spending the Fall 2011 semester studying in Dominican Republic.

❖ **Meredith MacLauchlan of North Potomac**, a Junior at Gettysburg College, is spending the Fall 2011 semester studying in Italy.

❖ **Lindsey Robinson of Potomac**, a Junior at Gettysburg College, is spending the Fall 2011 semester studying in Italy.

Stratton Dangerfield of Potomac, a sophomore at Gettysburg College, received the Dr. John W. Ostrom Composition Awards at the College's Fall Honors Day ceremonies on Oct. 21.

Danielle Abrams of Potomac was named to the Dean's List at Savannah College of Art and Design for the fall quarter 2011.

Chloe Constantinides from Potomac is a first-year student this fall at Pace University's New York City campus.

David Lee, the son of Chunqing Lei of Potomac, was inducted into the National English Honor Society and National Honor Society at Randolph-Macon Academy during a special ceremony conducted in November. David is a sophomore at Randolph-Macon Academy.

The following students have been named to Randolph-Macon Academy's honor rolls for the first quarter of the 2011-12 school year:

❖ **Birahim Thiam**, the son of Oumou and Idrissa Thiam of North Potomac, was named to the President's List. Birahim is a senior at Randolph-Macon.

❖ **David Lee**, the son of Chunqing Lei of Potomac, was named to the President's List. David is a sophomore at Randolph-Macon.

PEOPLE NOTES

Amanda Thompson of Potomac received the Doctor of Chiropractic degree from the College of Professional Studies at National University of Health Sciences during commencement ceremonies held in Lombard, IL, on Dec. 15. While completing the Doctor of Chiropractic degree at NUHS, Amanda also served a one-year clinical internship with a special focus on integrative medicine. Before entering the Doctor of Chiropractic program at NUHS, Amanda completed an undergraduate degree at Salisbury University.

MILITARY NOTES

Air Force Airman Mon H. Lee graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Lee is the son of Alan and Carol Lee of Pleasant Meadow Drive, Gaithersburg.

He is a 2007 graduate of Thomas S. Wootton High School, Rockville.

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PHOTO BY HARVEY LEVINE/THE ALMANAC

Curtis Kamara and the Churchill football team finished the 2011 season with 10 wins and a division title.



PHOTO BY LOUISE KRAFT/THE ALMANAC

Bullis running back Kevin Jones carried the Bulldogs to a 9-1 record and the program's first outright IAC championship.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Christian Bonaparte helped put the Churchill boys basketball team back on the map during the 2010-11 season.

Churchill Football Teams Leads Memorable 2011 Season

BY JON ROETMAN
THE ALMANAC

The Churchill football team started the 2011 campaign with lofty expectations. After three lopsided victories, the Bulldogs scuffled with adversity during a 26-point loss to Seneca Valley. Churchill responded by finishing with one of the best seasons in recent history.

The Bulldogs finished 10-2, won the 4A South Division title and reached the 4A West Region final, where they fell two points shy of a state playoff berth. It was Churchill's best finish since 2004, when the Bulldogs were also 10-2 and region runner-up, and the second time Churchill produced a double-digit win total since 1995.

Quarterback Lansana Keita and running back Curtis Kamara led Churchill's triple gun offense.

Keita finished with more than 2,000 yards of offense, while Kamara rushed for more than 1,200. Linebackers Bret Sickels (122 tackles) and Jacob Suissa (91 tackles) led the defense.

Churchill averaged 25.7 points per game and held nine of 12 opponents to 14 points or fewer. The Bulldogs outscored their first three foes 108-14 before losing to Seneca Valley 32-6 on Sept. 23.

"I hope our kids have learned an important lesson," Churchill head coach Joe Allen said after the loss.

Churchill responded with a seven-game winning streak leading all the way to the region final, where the Bulldogs fell to Quince Orchard, 23-21.

BULLIS FOOTBALL WINS FIRST OUTRIGHT IAC TITLE

The Bullis football team had already secured a share of the IAC title for the first time since 1979 when the Bulldogs traveled to face Episcopal on Nov. 4. All that was left to do was make history.

Bullis defeated Episcopal 42-7 to win the program's first outright IAC championship. The Bulldogs beat the Maroon in typical fashion — handing the ball to standout running back Kevin Jones. The senior carried 24 times for 147 yards and four touchdowns, putting the finishing touches on a 9-1 season.

"I'm so excited for these kids, for the

school," head coach Pat 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."

For the season, Jones finished with 2,358 all-purpose yards and 34 touchdowns. He amassed 2,089 yards and 30 touchdowns on the ground.

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

CHURCHILL BOYS COMPLETE BEST SEASON IN THREE DECADES

The Churchill boys basketball team's 2010-11 season was the program's best in more than 30 years as the Bulldogs produced 18 wins and a 4A West Division championship. A 13-game winning streak helped the Bulldogs earn the No. 3 seed in the 4A West Region bracket, where the Bulldogs received a first-round bye before defeating Walter Johnson and advancing to the semifinals.

Churchill's success has carried over into the 2011-12 season as the Bulldogs have started

6-2, including winning the Bobby Miller Bulldog Classic for the second year in a row.

AREA HARRIERS DOMINATE STATE CROSS COUNTRY MEET

Whitman, Churchill and Wootton produced some of the top performances at the 2011 state cross country meet on Nov. 12 at Hereford High School.

In the girls' race, Whitman senior Caroline Guiot won the individual state title with a time of 19 minutes, 27.5 seconds, helping the Vikings to a second-place team finish. Whitman senior Anna Ryba, who won the state crown as a junior, finished fourth (19:48.8).

Churchill freshman Lucy Srour placed second (19:36.3), helping the Bulldogs to an eighth-place finish. Wootton senior Madeline Rico finished ninth (20:26.4), leading the Patriots to a fifth-place finish.

In boys action, Churchill senior William Conway took fourth (16:43.1) and freshman David Fitzgerald placed 11th, helping the Bulldogs to a third-place finish. Whitman senior Nick Adams placed eighth (17:01.8) as an individual and Wootton finished fifth as a team.

NEW YEAR'S RESOLUTION

Churchill head girls basketball coach Kate McMahon

What is your New Year's resolution?

My New Year's resolution is for the students to come out and see our exciting style of play and double our home game attendance! Go Bulldogs!

What were the most significant happenings of 2011 for you in your community?

The Churchill football team having a great year and making it to the Regional Finals. So exciting! Sarafina Arthur-Williams attaining her goal by signing a let-

ter of intent to play at the University of North Carolina-Greensboro. Also, Churchill showing their warm spirit and generosity this holiday season and collecting over 1,500 cans for the hungry!

What do you think our readers should know to watch for in the coming year?

Everyone should be watching the presidential race and evaluate the effects on the globe, the nation, and our economy, and get out there and vote. Locally, the community should watch for the Churchill Girls Basketball team in the playoffs ... we're going to have a fun season.

SPORTS BRIEFS

Churchill Wrestling Starts 5-1

The Churchill wrestling team improved to 5-1, beating Seneca Valley 60-18 on Dec. 20 and Bethesda-Chevy Chase 39-36 on Dec. 22.

Ben Cressman (freshman, 106), Adam Vinner (sophomore, 126), Ryan Plummer (junior, 145), Giulian Groce (freshman, 160) and Collins Kenlak (senior, 195) recorded pins against Seneca Valley. Max Sickles (freshman, 113), Rustin Tashayod (junior, 120), Hunter Sutton (sophomore, 138), Mike Kelley (senior, 220) and Mubdee Haque (junior, 285) won by forfeit.

Against B-CC, wrestling started at 113 pounds and Churchill took losses up to 170 pounds except a forfeit for Sutton and a win on points by a Jake Sutton (senior, 145), just returning from a knee injury. The tide turned at 182 pounds with a pin from Matthew Schleckser (junior, 182), followed by pins by Collins Kenlak (senior, 195) and Alex McGee (freshman, 285), on the mat for the first time. Mike Kelley (senior, 220) took a forfeit for Churchill, cutting B-CC's lead to 36-33. The final match of the night was Hunter Daniels (sophomore, 106), who

needed to win to tie. Hunter wrestled tough until he was able to pin his opponent with 45 seconds in the match, giving the Bulldogs six points and a victory.

Churchill will wrestle Einstein on Jan. 4 at home.

Churchill Boys Win Tournament

The Churchill boys basketball team overcame an early 13-2 deficit to defeat the Shaler Area (Pittsburgh) Titans 51-47 in championship game of the Bobby Miller Bulldog Holiday Classic on Dec. 28 at Churchill High School. The host Bulldogs won the tournament for the second consecutive year and improved to 6-2 this season.

Sam Edens led Churchill with 14 points. Thomas Geenen finished with 10 points and 15 rebounds for the Bulldogs. Geenen earned the tournament's Most Outstanding Player award with a two-game total of 27 points, 35 rebounds, 11 assists and seven steals.

Edens and Matt Moshyedi made the all-tournament team. Kyle Edwards received the 2011 Bobby Miller Bulldog Holiday Classic Academic Award. Churchill defeated The Heights 70-58 in the opening round on Dec. 27.

WELLBEING

Keeping New Year's Resolutions

A detailed plan could make all the difference, experts say.

BY MARILYN CAMPBELL
THE ALMANAC

Donna Gramm practices Pilates regularly as part of her effort to stay in shape. "I've been working out since college. It makes me feel good," said Gramm, a Potomac resident.

This month, however, she has more company in the exercise room. Each January, people who've resolved to get in shape or lose weight flock to gyms and health clubs. Gramm is not worried about the influx of fitness aspirants. She knows most will soon be gone. Her instructor, Reina Offutt Pratt, owner of Potomac Pilates, agrees.

"In January we see the largest spike [in class attendance], but a lot of the people we see come in January don't come back in February," said Offutt Pratt, who also lives in Potomac. "The gung-ho nature of their New Year's resolution starts to dissipate."

A recent poll by the Marist Institute for Public Opinion shows that increasing exercise, losing weight, quitting smoking and improving one's financial situation are among the most common New Year's resolutions, but more than 60 percent of people who make these promises fail to keep them. Mental health experts say impractical or undefined targets are among the top causes of resolutions without staying power.

"People set unrealistic and unattainable goals, get demoralized and give up," said Thomas N. Wise, M.D., director of behavioral services at Inova Health Systems and chairman, Department of Psychiatry at Inova Fairfax Hospital in Falls Church, Va. Wise has studied addiction, habit change and obesity.

"Often, the bar is set way too high. You didn't become overweight overnight, so you're not going to lose the weight overnight," said Lisa Calusic, M.D., a psychiatrist at Inova Mount Vernon Hospital and Inova Behavioral Health Services in Alexandria, Va.

A lack of specificity can derail ambitions. "People set abstract goals. [They say] 'I want to be healthier. I want to be thinner. I want to work out more.' But they don't have implementation plans," said Todd Kashdan, Ph.D., professor of psychology at George Mason University.

So what are the secrets to making New Year's resolutions a permanent lifestyle change?

"Set small, realistic and concrete steps towards making or improving a behavior," said Maria Londono, a mental health therapist with Molina Healthcare, Fairfax County Health Care Network in Alexandria, Reston and Falls Church, Va. "For example, lose weight by eating a healthy breakfast in the morning and exercising three times a week. [Begin] with 15-minute routines and increase to 30 minutes when [your] body is more use to exercise."

Be specific. "We have to have very clear behavioral plans for how we're going to implement [our goals]," said Kashdan who has studied and written about behavioral changes for the journal *Clinical Psychology Review*. "If you say you want to be more fit in the upcoming year, what exactly are you going to do in the course of a week?"

A schedule is also important. "Keeping track of



PHOTO BY MARILYN CAMPBELL

Reina Offutt Pratt, owner of Potomac Pilates, teaches a Pilates class to Cyndi Hann, Carly Yoo and Nicole Krug. Increasing physical exercise is a popular New Year's resolution. Experts say most people who make resolutions fail to keep them.

what you want to change is the essence of following through," said Wise, who lives in McLean. "It is very easy to say, 'I'm not going [to the gym] today.' Before you know it, it's been two weeks since you've exercised. Having a regular schedule where you rarely miss it is the way to keep up with any kind of behavior modification."

Develop a support network. "Choose friends who respect the fact that you want to change. Choose people who look like what you want to become," said Kashdan.

Find ways to make behavioral changes enjoyable.

"We encourage clients to exercise with friends," said Offutt Pratt. "Make it about friendship and socializing."

Create a plan that fits one's lifestyle. "Find something that is convenient and that you can do on a regular basis," said Wise. "If you work long hours, a complicated workout probably makes no sense, but jogging around [your neighborhood] might make sense."

Set up reminders and measure progress regularly. "Post notes for yourself," said Wise. "Let's say there is an outfit you want to fit into. Don't put it in the closet behind your other clothes. You put it

in front to remind you."

Set short-term goals. "I encourage clients to set weekly goals rather than monthly or yearly goals and make themselves accountable on a weekly basis," said Offutt Pratt. "For example, 'I'm going to attend two classes on a weekly basis rather than saying, 'I'm going to attend 10 classes next month.'"

Shifts such as spending less money, decreasing debt, giving up smoking or limiting alcohol intake require the admission of a problem. "You can't change what you don't acknowledge," said Calusic. "Unless someone decides for themselves that they have an addiction or habit that they want to change, it is not going to happen. Other people wanting them to change doesn't work."

Find substitutions for unhealthy habits. "If someone is used to drinking every day, there is a reason why," said Calusic. "Alcohol is providing a crutch. You can't take it away unless you have something to replace it with [like] a hobby [such as] art, tennis or anything that can distract from the negative habit that they are trying to break."

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About ADHD

FROM PAGE 3

nitive flexibility and how weaknesses in these skill areas present in students with ADHD. He will also speak on self-regulation skills in children and adolescents.

Stixrud is a clinical neuropsychologist who has been in private practice since 1985. He is also a member of the adjunct faculty of the Children's National Medical Center, and holds a faculty appointment as assistant clinical professor of psychiatry at the George Washington School of Medicine.

In addition to the Jan. 10 presentation and Open House, The McLean School will be hosting the 3rd annual "Cecily's Advocacy Workshop: Learning Differences: What Works" for parents, teachers and staff who work with students with learning disabilities. The program will be held Saturday, Feb. 11 from 8:30 a.m. - 1 p.m. and will feature keynote speaker, Thomas West who will focus on dyslexia in his presentation "Amazing Shortcomings, Amazing Gifts."

For more information concerning these programs or to register, call the McLean School at 301-299-8277.

Library Friends

FROM PAGE 3

in the organization, and I hope to build on what's there."

Friends of the Library chapters are important for the library system as a whole given steep budget cuts on the county level. Unlike in the past when the chapters were limited to a supplementary role, in an economically strapped environment the chapters now provide tables and chairs, technology as well as books and donations to maintain the library's growth.

"With the steep cuts we have to step up and be the meat and potatoes," said FOL board member Gael Cheek. "That means getting funds from memberships, donations and book sales."

The Friends of the Library has kept up with the times by donating ereaders to the Potomac library. The library staff is trained to help residents access the ereaders, which require downloading a software program and searching for books through the Maryland Digital eLibrary Consortium.

As reading moves toward digital platforms, however, concerns arise in terms of the monthly used book sales, the principal funding source for the Friends of the Library.

"With ereaders there has been a drop off in current books," said Winegate. "We are concerned and aware that our funding source could be affected."

The books are screened for water damage before the monthly book sale, which ensures that only high quality books are available for purchase.

"I picked up a great book about Truman by David McCullough at one of the sales, but the size is daunting," said Winegate. "I want to thank the Potomac community for the outpouring of support, and the generous donations of books and money."

"Scanxiety"



By KENNETH B. LOURIE

(With attribution to Ember Garrett from the San Diego, California Weber Shandwick satellite office.) The meaning being: the anxiety one feels waiting for, and awaiting the results of, a diagnostic scan. My particular cycle now occurs every four months for the CT Scan (of my upper torso/lungs) and every 12 months for both the full body Bone Scan (lung cancer spreads to the bones) and MRI of the brain (where the highest percentage of lung cancers' spread, 30 percent, most often goes).

Perhaps I don't know what I'm supposed to be feeling or am too clueless or naive about what symptoms I'm experiencing - or lack thereof, but diagnosis-to-date, I have felt very little that ever gave me pause. However, given the fact that I was basically asymptomatic immediately preceding my biopsy and subsequent diagnosis/prognosis, and a life-long nonsmoker to boot born into a family with no cancer history; not feeling anything one might consider worrisome: coughing, shortness of breath, difficulty breathing, etc. has not been as reassuring as some might think. In my case, nothing actually turned into something (my philosophy in life has always been: "It's nothing until it's something"). Ergo my discomfort. The less I feel, the more I worry. That's how this all started. Why/how can I expect it to finish any differently?

Now don't let me lead you completely astray; feeling something would be worse, presumably. But having felt very little so far, I can't say for sure how feeling something would compare. Maybe feeling something would provide an odd sense of comfort - and possibly even a sense of cause and effect. Feeling nothing however, contributes very little to the understanding of why and how an otherwise healthy, middle-aged male who never smoked a cigarette, cigar or pipe, never chewed tobacco, inhaled secondhand smoke or was exposed to asbestos or radon, was diagnosed with stage IV lung cancer, the leading cause of cancer deaths, with nearly 160,000 annually, 85-percent-plus of which are attributable to these causes.

So whatever is, or is not happening to me, becomes diagnostically clear only when a radiologist reads my scan and issues a report. Until I know those results, approximately two to three days after the actual scan occurs (and weekends don't seem to count), anxiety is the emotion of the day - and night, too. In this context, what you don't know does in fact hurt you - emotionally. And unfortunately, the longer you (I) live and the more frequently you experience this interminable wait, the easier it does not get. Familiar? Yes. But this kind of familiarity does not exactly provide comfort or relief. Nor does it - for me, breed contempt, as the old saying goes. It is what it is. I accept my circumstances. I accept the process. I understand there's no fault involved. It's simply what patients have to endure.

Ironically though, you want to endure this process for a long time. Because it means you're still alive - and kicking. But to think it gets any easier over that time would be, at least in my three years of living it, wrong. "Scanxiety" will be with you for the rest of your scan-taking life (women waiting for the results of their mammograms are well-acquainted with this feeling). I may get used to it, but I'll never get over it. Life-changing events are funny that way.

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

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Visions of Sugarplums for the New Year

BY SUSANNE LEE
WMCCA PRESIDENT

Whew — 2011 was a busy, busy year for West Montgomery County Citizens Association and a busy year for the many neighbors with whom we partnered. It was a particularly fine year for doing what WMCCA does best — sharing our knowledge, resources, and energy with others to maximize our collective effectiveness. We thank all of you from Brickyard Road to Oaklyn Drive and Gary Road to Glen Hills and points in between who stepped up and jumped in to help protect and preserve the environmental quality of our little corner of the planet.

Undoubtedly there will be new, unforeseen challenges in 2012. Already we are beginning to address issues presented by the development of the Glenstone Foundation site on Glen Road and a proposal for condominium apartments for special needs young adults across Falls Road from the Bullis School entrance. But for now, we sit back and do a little dreaming — Sugarplum Visioning, if you will — and make our resolutions for the New Year. We resolve to work to make these wishes come true:

Brickyard Road Soccer Complex – The lease between the Board of Education and Montgomery County will be revoked, and the entire process for deciding the future of the site restarted. This time, though, there's maximum public transparency and participation. In the meantime, Nick Marvell harvests another year of organic crops. In the short term, government officials will expeditiously comply with the requirements of the Maryland Public Information Law, eliminating the need for an appeal to the Circuit Court to force them to produce documents related to the Brickyard Road site.

Berliner To Address WMCCA Meeting

The next meeting of the West Montgomery County Citizens Association will be held Wednesday, Jan. 11, 7:30 p.m., at the Potomac Presbyterian Church, 10301 River Road, Potomac. This is a one-time change in venue.

If schools are closed because of inclement weather, the meeting will be cancelled.

The speaker will be Roger Berliner, Montgomery County Council President. As a part of the Council District 1, Potomac is represented by Councilmember Roger Berliner, recently elected to serve as President of the Council, the legislative body for Montgomery County. He also chairs the T&E Committee (Transportation, Infrastructure, Energy and Environment).

The public is welcome to attend.

Sewer Expansions – The State of Maryland will continue to reverse all Montgomery County Council sewer approvals that are inconsistent with the Potomac Subregion Master Plan. In accordance with the Master Plan, the Glen Hills study will be “conducted in conjunction with the citizens of the area” and measures developed to “ensure the long-term sustainability of septic service for new home construction and existing home renovations, minimizing the need for future sewer service extensions.”

Gary Road Water Main – No large trees will be cut for the construction of a WSSC water main, and the character of this wooded area remains as before. Even better, WSSC will decide not to construct a new water main in Gary Road.

Potomac Swim and Recreation Association – The Board of Appeals' original decision denying construction of an indoor tennis bubble will be reinstated following a successful appeal to the Court of Special Appeals.

In the meantime, the Club strictly adheres to the existing restrictions, including the 9

p.m. curfew, membership and use limitations, and trash and parking requirements.

Greened Up – No forest conservation easements will be violated or reduced in scope, and no one clear cuts

a site. Instead, landowners plant more trees and vegetable gardens, lawn area diminishes, and tree canopy increases throughout, even in Potomac Village.

Water Quality – County and state officials will strictly enforce all stormwater management and pesticide use restrictions, stop new sources of run off, and remediate existing sources. The water quality in our streams, the Potomac River, and the Chesapeake Bay improves.

And . . . we all will join or renew our membership in WMCCA, make a contribution to the association's legal defense fund, hike the C & O Canal each week, and put in that new vegetable garden!

Potomac Swim and Recreation Association Tennis Bubble:

On Dec. 12, 2011, Montgomery County Circuit Court Judge Michael Algeo denied Motions by WMCCA and surrounding neighbors to intervene and vacate the Judge's prior decision approving construction of an indoor tennis facility at the Club's Oaklyn Drive location. On Dec. 19, WMCCA's Board voted to appeal the decision to the Court of Special Appeals.

Ongoing Pepco Tree Trimming:

While we understand the role that trimming trees plays in the ongoing concerns about Pepco reliability, it is shocking to see the extent to which the utility has gone in mauling not just our roadside tree canopy but well beyond, even to the extent of removing trees which have no bearing on utility lines. This is especially egregious on our designated Rural and Rustic Roads, where

Pepco contractors have wreaked environmental havoc. By completely clearing steep slopes, they leave nothing to absorb storm water, thus creating conditions for severe runoff during future rainstorms. In consultation with our conservation colleagues in the Agricultural Reserve, we've found the same heavy-handed practices have altered both the roadsides and trees on private property, even when permission to cut has been strictly forbidden by the property owners.

Trees maimed by the practices being employed now will eventually die and become hazards. Pepco continuously asserts they are not opposed to trees near power lines, but subscribe the practice of “right tree, right place.” To date, we've seen no plans or offers to replant our Rustic Roads with appropriate trees.

Brickyard Road School Site:

Organic Farmer Nick Maravell has agreed to drop his Open Meetings Act Circuit Court lawsuit against the Montgomery County Board of Education in exchange for a lease extension until August 2012. This is related but separate from the community struggle to stop planned soccer fields by the County Executive. Nor is it the end of Mr. Maravell's concerns. He still has an administrative appeal pending at the Maryland Board of Education that challenges the use of the land for a public-private partnership and, in a separate case, nearby Brickyard property owners are also challenging the decision of MCPS to lease the property to Montgomery County. WMCCA has joined a number of other Potomac civic groups in creating the Brickyard Coalition, which continues to raise funds for the administrative and legal challenges to come in 2012. WMCCA still maintains the County Executive is violating the approved and adopted Potomac Subregion Master Plan as it attempts to turn the property over to a private entity to develop a soccer field complex.

What's New In New Year?

FROM PAGE 3

www.quarrysprings.com.

Development at the former Giancola Quarry (by the beltway) was interrupted by financial difficulties during the recession, although some construction is complete on the 15 single family and 15 townhouses approved for the 6-acre site.

Development of these sites, depending on the economy, could occur as early as this year, said Callum Murray, Potomac planner. There are two quarries in the Potomac area that are still functioning as quarries. Tri-State Quarry on Seven Locks Road is a fourth-generation quarry, owned and still being mined by Ben Porto and Sons, Ltd. The operation started before the land was zoned. Rockville Crushed Stone operates in North Potomac.

MORE DEER

In July 2011, the county and its deer management work group published the annual report on what to do about deer.

The county's program has four main objectives: to reduce deer-vehicle collisions; to reduce deer damage to agriculture and home landscapes to acceptable levels; to reduce negative impacts of deer on plant and animal diversity; and to continue education programs to help residents learn about deer, deer problems, and how to minimize deer-human conflicts.

See www.ParksDeerManagement.org, which includes data from the last 16 years on deer-vehicle collisions, impacts to natural ecosystems, damage to crops, and the success of managed hunts and other measures to manage deer population.

Ideas studied, researched, or approached have included everything from increasing deer hunts and “harvest goals” in county parks, to contraceptives, to deer hunts in local neighborhoods, to studying the need for deer management in Great Falls National Historic Park.

BRICKYARD ROAD FARM

One of the biggest stories of 2012 will be the resolution of the controversy surrounding Potomac's only organic farm.

Nick Maravell's license to operate an organic farm on Brickyard Road has been extended to Aug. 15, but “the County's intent remains the same,” said Patrick Lacefield, director of Montgomery County Office of Public Information.

The county still plans to build soccer fields on the 20-acre Brickyard Road site.

“Since our current plans do not envision construction starting before Aug. 15 anyway, we were fine to extend, but, obviously, couldn't do that while we were being sued,” said Lacefield.

Maravell dropped his lawsuit against the Board of Education the day before a scheduled trial in Montgomery County Circuit Court Dec. 15.

Meanwhile, the Brickyard Coalition and others appealed the decision by the Board of Education to lease the property to the county for soccer fields to the State Board of Education. That appeal, based on violations of open meeting laws, is scheduled to be considered at the next State Board of Education meeting on Jan. 24-25.

The county plans to issue its Request for Proposals soon. The request for proposal will call for a private soccer organization to build soccer fields, parking and related amenities on the 20-acre farm. In return, the soccer organization would have use of the fields for its members.

There is a shortage of soccer fields to the 25,000 youth and 10,000 adults playing soccer, said Lacefield, and the county points to the Potomac Master Plan as a recommendation for ball fields to be an appropriate use of the property if it is not used as a school.

Potomac residents who participated in writing the 2002 Master Plan say the county is twisting the plan's language, which says that if the site were declared surplus (that is, the school system determines it is not needed for a future school site), then it could be considered for a local park which could include ballfields.

Maravell and advocates supporting the organic farm hope the extra months of his lease will help convince the schools to use the site as an educational hub for the entire county and region.

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