

# Potomac ALMANAC

Edina Rosta and her daughter Daniella Buchete, of Rockville, observe the Potomac River waterfall from the Maryland side while spending time at the C & O Canal National Park on Sunday, Jan. 22.

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## NEWS

# Tots in Transition

Shoe Train hosts transitional psychologist for walkers, parents.

BY MONTIE MARTIN  
 THE ALMANAC

The transition from crawler to walker raises practical concerns for parents, as well as psychological elements that are equally important.

The Shoe Train at Cabin John Mall will host Dr. Julie Bindeman on Jan. 30 as the first in a series of speakers on early childhood development. Bindeman, a clinical psychologist who practices in Rockville, notes that the transition from crawler to walker is the first major step toward autonomy.

"Independence is a process that unfolds over a lifetime, and you can pinpoint the first stage as we go from crawling to walking," said Bindeman. "It's emotional, it can feel like a loss. Parents enjoy being needed."

Children begin to walk between 12 and 15 months, and with that fundamental shift toward independence a range of practical concerns must be addressed.

Young walkers can take advantage of their independence can cause a tremendous amount of stress for parents. As Ed Jurgau, a sales associate at the



The Shoe Train is located at the Cabin John Mall and provides shoe fitting for first time walkers.



Dr. Bindeman

Shoe Train noted, with mobility comes a need to explore.

"We once lost a 2-year-old boy in the store, we thought he walked away and his mother was frantic," said Jurgau. "Then the kid crawled out under the train set, it was a happy ending."

Other practical concerns include keeping little feet warm in the winter. Proper footwear is also important because it provides the necessary support and balance needed on a developmental side.

"It's all about support for the little ones, it reduces back problems later in life," said Marina Fradlin, owner of the Shoe Train. "The importance of shoe fitting can't be overstated, but shoe fitting is getting to be a lost art form."

According to Fradlin, most parents gravitate to the basic boot style considering the need for support, and standard shoe colors include white and brown. Such choices are important for parents, which provide a form of control over an emotional event.

"Milestones we get to witness can be bittersweet," said Bindeman. "Let the emotions come over you. It's OK to mourn a little, but remember it's about promoting healthy development."

## LETTER TO THE EDITOR

# Out-of-Touch County Council

To the Editor:

Finally, the Montgomery County Council issues a Request for Proposal to turn an organic farm on Brickyard Road into a soccer complex. Interesting timing. Only after a persistent uproar from the people whose communities would

be impacted by such a complex, did the County Council issue this proposal.

Without the community uproar over lack of transparency and the failure of Council Member Berliner to bring the soccer complex initiative to the attention of his constituents, the farmer on Brickyard might have harvested his last crops.

Potomac residents finally are

waking up to the conduct of their elected officials. Not only are we paying their salaries, now we have to pay to defend ourselves against their egregious — and quite possibly illegal — behavior. What a county!

Exploring property values across the Potomac,

C. Trauernicht

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SMITHSONIAN EARLY ENRICHMENT CENTER

## 3,000 Burgers

Potomac welcomes Five Guys Burger restaurant.

BY SUSAN BELFORD  
THE ALMANAC

The new “Five Guys Burger and Fries” restaurant in Potomac Promenade shopping center is attracting a lot of attention — and customers. The burger chain is booming from the time it opens at 11 a.m. until 10 p.m.

“We are busier than we ever dreamed we would be,” said Operations Manager Jarrett Waller. “We sold 3,000 burgers the first week we were open in Potomac — and we had the most business out of all the Montgomery County ‘Five Guys’ locations. The Potomac restaurant is one of 10 ‘Five Guys’ franchises owned by the Pyramid Enterprises LLC.

The restaurant opened on Dec. 31 without much fanfare. “We built it in just five weeks,” said Waller. “We took over the Ritz Camera facility and had to totally remodel the space. We have hired about 20 part-time workers — most are local high school students and first time workers. We have an enthusiastic group of employees who are enjoying their jobs.”

The first “Five Guys” was opened as a carry-out burger restaurant in Alexandria in 1986 by Jerry and Janie Murrell, parents of five sons. They sat their sons down one day and said, “You make the choice. You can go to college or open a business.” The idea of entrepreneurship won — and the four sons (the fifth was a baby) chose to open a hamburger joint. They soon developed a cult following and, in the late ‘80s

SEE FIVE GUYS, PAGE 8



### Winter Fun

Area residents brave the cold weather and slick conditions while tackling the trails at the C & O Canal National Park in Potomac on Sunday afternoon, Jan. 22.

PHOTO BY ROBBIE HAMMER/THE ALMANAC

## Nation’s River Is ‘Struggling’

Volunteers encouraged to join clean-up effort.

BY KEN MOORE  
THE ALMANAC

One in an occasional series of articles.

The Potomac River is struggling, according to the Potomac Conservancy’s State of Nation’s River.

The Conservancy cites the challenge of protecting the river in a variety of settings in its annual report, which lowered the letter grade given to the health of the river late last year to a “D.” Since 2007, the grade has been “D+.”

More than 6 million people live in the Potomac River Basin, and another 600,000 people could move to the region in the next decade,

As population rises, so does the amount of impervious surface. Streams begin to degrade once 10 percent of a watershed is paved, according to the Potomac Conservancy.

The Potomac River flows through a variety of habitats and environments, starting in forests, traveling through farmland and then through areas that are growing rapidly. While Montgomery County has done many things to protect the river and water quality, population growth has brought new development and more paved surfaces. Even though much of this new development is not near the river, it has an effect because of the contaminated runoff that flows into the river every time it rains.

“Rapid development has caused many small headwater streams to become ‘buried’ — paved over or rechanneled into cul-

SEE RIVER CLEANUP, PAGE 8

## Appeal Filed over Oaklyn Tennis Bubble

West Montgomery County Citizens Association has formally challenged the Montgomery County Circuit Court ruling that permitted the Potomac Swim and Recreation Association to install and operate its tennis bubble on Oaklyn Drive.

West Montgomery filed an appeal to the Court of Special Appeals, president Susanne Lee said at this month’s WMCCA meeting.

In early 2009, the swim club’s attorney Michele Rosenfeld sought permission to add an additional tennis court, club hours and the tennis bubble, among other things.

That same year, Montgomery County hearing examiner wrote an 87-page review

denying the tennis bubble but granting other parts of the club’s request. In July 2009, the Board of Appeals denied permission to add the bubble.

Rosenfeld appealed this decision for the swim club in the Circuit Court of Montgomery County in July 2010, and the court ruled that the club must be allowed to install the bubble.

Since then, Potomac Swim and Recreation Association has spent more than \$700,000 to construct the tennis bubble.

Opponents of the bubble, including neighbors and West Montgomery officers, say they were not notified about the appeal and didn’t have the opportunity to have their

say in court.

In November, neighbors registered an official complaint against the swim club saying the pool and recreation club has already violated conditions of its new special exception.

The Department of Permitting Services investigated the complaint and finalized its report earlier this month.

DPS found no violations of the special exception, according to Board of Appeals documents.

— KEN MOORE



The green tennis bubble on Oaklyn Drive is a source of continuing controversy.

## THIS WEEK IN POTOMAC

### West Montgomery Meeting

West Montgomery County Citizens Association's next monthly meeting is scheduled for Wednesday, Feb. 8 at 7:15 in the Potomac Community Center's Arts and Crafts Room.

"Each year we devote at least one meeting to a more complete discussion of issues we've been following and offer the public a chance to bring topics which concern them. Through this process, we've been able to help members with problems such as development proposals, illegal tree cutting, parkland encroachment and Special Exceptions," according to West Montgomery.

The directors and committee chairs of West Montgomery will give brief reports on a range of current WMCCA efforts, including the Potomac Swim Club legal case, current sewer category change requests, especially the Glenstone Foundation sewer proposal on Glen Road, and the Glen Hills sewer study, cell tower radiation levels, latest updates on the Brickyard Road school site proposal for soccer fields, Nick's Organic Farm, the Forest Conservation/Tree Canopy bill still stalled at DEP, and County Council budget cutting and implications for our parks and services.

### Kosher Bagel Shop to Open

Goldberg's New York Bagels is preparing to open in Cabin John Shopping Center in Potomac in the next week or two.

The kosher bagel shop has two other Montgomery County locations, one in Rockville and one in Silver Spring.

The dough comes directly from New York, and then the bagels are prepared "old school" by boiling and baking in the Rockville location, and will be delivered fresh to the Cabin John store multiple times a day, said manager Z.Z. Ludwick.

It will feature a salad bar and a kosher menu including eggs, dairy and fish, but no meat. The shop will open in space formerly occupied by a parcel package store.

Cabin John Shopping Center has seen a number of eating establishments close in recent years, including Popeye's and Celebrity Delly, and more recently, the Pomegranate Cafe.

BGR the Burger Place opened several months ago.

### Fire Volunteers Elect Board

Bob Hook, former Chief of the Cabin John Volunteer Fire Department, is credited with "stemming the flow of flaming gasoline" in the county's largest fire in its history. In 1958, fire from Butler Road Fuel Refinery off River Road was blazing from River Road to the Dalecarlia Reservoir, and all through the woods along the Little Falls Creek, according to fire department documents. Hook, who had been battling the fire for 48 hours, went through the flames and shut off the valve that was feeding the blaze.

Hook, a native of Cabin John who has been with the volunteer fire department for more than 60 years, began a two-year term as at-large director on the department's board of directors beginning Jan. 1.

Elected officers of the Cabin John Park Volunteer Fire Department began two-year terms of duty at the beginning of the new year.

Fire Rescue Chief James P. "Jimmy" Seavey Sr. began his 12<sup>th</sup> term as department chief. Seavey is a career lieutenant with the District of Columbia Fire and EMS Department and also a 35-year-veteran of the volunteer fire rescue service in Montgomery County.

Department President James Lee Hunter, of Cabin John, has volunteered in Montgomery County for 46 years and has worked more than 35 years at the Carderock Naval Surface Warfare Center in Cabin John.

Michael Harting, a 25-year member, returns to the board as vice president and has served on the board since 1992.

Christina Mage, a 20-year-member of the department, will be secretary and Mark Livingstone, active member for 10 years, will be treasurer. Firefighter Damien Alexander, a 17-year veteran, was re-elected to his fifth term on the Board.

Master Firefighter Frank Leizear Jr. has served 37 years on the county's fire rescue service both as a career and volunteer. Leizear spent much of his career at Cabin John Park and Glen Echo volunteer fire departments. He is the son of Frank Leizear Sr., who retired as the Fire Chief of the Bethesda Fire Department.

SEE WEEK IN POTOMAC, PAGE 8

## NEWS

# Healthy Eating Option in Potomac

## Local restaurant named one of healthiest in America.

BY MARILYN CAMPBELL  
THE ALMANAC

Lunch hour at Founding Farmers in Potomac is bustling. Waiters hustle to serve ravenous midday diners. Orders for salads of Belgian endive and spinach sprinkled with blue cheese and balsamic onions roll into the kitchen. Pristine plates piled high with as much local and organic produce as possible roll out.

In fact, it was the eatery's commitment to seasonal, local ingredients that earned it a spot on the list of the 10 healthiest restaurants in America, as compiled by Gourmet, a Conde Nast-owned digital offshoot of the now defunct magazine of the same name.

"It makes each one of us very proud to be recognized for the healthy options on our menu, which is composed of fresh, sustainably sourced and scratch-made items. It is great to be recognized for the healthy options we provide to our guests. It is a testament to what we have always known — you can have healthful foods that are also flavorful foods," said Dan Simons, concept developer and managing



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

**Hosts Melissa Walch and Christopher Tomoche with Hospitality Coordinator Cameron Jenson work the lunch hour rush at Founding Farmers restaurant in Potomac. The restaurant boasts a menu featuring local ingredients sourced from sustainable producers.**

partner, Founding Farmers.

The honor, which was announced earlier this month, recognizes restaurants around the country that offer significant healthy eating options. New York, Texas, Utah and Californian were homes to other restaurants that made the list.

"One of the things that I hear from customers is that they like having a conveniently located place for food that is good for them," said Cameron Jenson.

Eric Crozier, who took his wife Nadine to Founding Farmers recently as a birthday surprise, agreed.

"I had heard good things about it, so I wanted to surprise her," he said. "The food was really, really good."

# Aid for Families with Special Needs

## Experts guide families through process.

BY MARILYN CAMPBELL  
THE ALMANAC

Maedi Tanham Carney says her oldest daughter was born with medical and cognitive issues that would prevent her from living independently. Like many parents of children with special needs, Carney worried about what would happen when she was no longer able to care for her child.

"Throughout the years the issue that has consumed me was how to prepare for her long-term financial needs," said Carney of M & L Special Needs Planning.

To help other parents who are in similar situations, she partnered with Potomac resident Javier Arguello to host free financial planning workshops for families with special needs. The workshops are designed to provide information such as special needs trusts, estate issues, legal issues and guardianship. Families are guided through the process of developing a financial planning guideline and are taught the difference between traditional and special needs financial planning.

"People with special needs [require] this more than any other," said Arguello, who also owns LearningRx in Bethesda, an organization that offers educational services to those with learning disabilities. "Two things that we try to do is raise awareness of the resources that are available to people ... and simplify all of the information that is out there."



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

**Hillary Schulman, Javier Arguello and Maedi Carney host free financial planning workshops to help families with special needs.**

Tanham says the workshops are important because often families become overwhelmed. "It is like working a second full-time job," said Tanham. "With the internet there is some much information out there that you could just shut down and not even deal with it because you don't know where to turn."

The partnership with LearningRx was a natural fit. "A lot of our clients are special needs children," said Hillary Schulman, consultations director for LearningRx. "We really want to reach out to the community and provide as much support and services to help the families."

The workshops are free and open to the public. The next workshop is scheduled for early February. For more information: <http://www.specialneedsplanning.net/>



**Holy Child's Hope Thomas and Paradiso**

**Holy Child Leads Horse Competition**

Competing against 16 other teams, Connelly School of the Holy Child's "riding tigers" tied for top honors at the recent JV horse show in the Inter School Horse Show competition. Competitions are held monthly at schooling barns, with 37 teams from the metropolitan area in the league. The majority of the riders do not own their own horses, rather compete on horses provided by the schooling barn.

Holy Child is currently leading the league competition. Competitions begin in September, culminating in the invitational show in May. Riding in the most recent show for Holy Child were captains Catherine MacCormack and Hope Thomas. Maya Whitaker was

Grand Champion of her division, with Rose Meima, Lizzy Cornfeld, Sarah Holladay, Kate Metro and Sophia Seymour rounding out the team. The team tied with River Hill School for top points at the January show. Holy Child has the distinction of being the founding school of the league, which began with a handful of teams 20 years ago. The co-ed league has grown to include more than 50 teams at two levels, varsity and junior varsity.

Holy Child's team, coached by Aimee Doyle, is comprised of 25 sixth through twelfth grade girls who practice together and separately. The school is located in Potomac.

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# WINTER FUN

**Zumba at Village Yoga.** Ready to party oneself into shape? That's what the Zumba program is all about. It's a Latin-inspired, calorie-burning dance fitness-party that's moving people toward joy and health. Classes are held on Tuesday nights, 7:15 p.m.-8:15 p.m., and Saturday mornings 11:30 a.m.-12:30 p.m. Village Yoga, 10154 River Road, Potomac. Call 301-299-1948.

## WEDNESDAY/JAN. 25

**Design Seminar.** 6 to 8 p.m. "How to Fall In Love With Your House Again." All seminars include either lunch or supper. Learn the basics on how to successfully remodel, an enterprise which can appear to be both nerve-rattling and mind-boggling. Bring questions and plans, and share a meal where the experts will personally address particular design concerns. At the Offices of Hopkins & Porter Inc., 12944-C Travilah Rd., Suite 204, Potomac. Call Debbie Ciardo at 301-840-9121, #27.

## 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](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

### Potomac Cuddleups 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.

### Seniors Organized for Change.

10:45 to 11:45 a.m. Movie (to be announced). At Ring House 1801 E. Jefferson St. Rockville. Lectures free, then lunch, \$5 reservations required. Debbie Sokobin 301-348-3760.

**Imani Winds.** 7:30 p.m. Tickets are \$30 (Stars Price \$27). Part of Celebrating American Composers. At the Music Center at Strathmore, North Bethesda. For more information or to purchase tickets, call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**Open House.** 10 a.m. Christ Episcopal School, a preschool - 8th grade school, will be hosting an Admissions Open House. Guests take part in an interactive, dynamic presentation, meet with current parents, teachers and students, and tour our beautiful campus to see the school in action. To RSVP, visit [www.ces-rockville.org](http://www.ces-rockville.org) or call 301-424-8702.

## FRIDAY/JAN. 27

### Justin Trawick's "The 9"

**Songwriter Series.** 8:30 p.m. Performers include Trawick himself with Becky Warren, Gideon Grove, Jonny Grave, Amanda Lee, Max Kuzmyak, Nita Chawla and Strathmore Artist in Residence chanteuses Victoria Vox and Mary Alouette. Part of Strathmore's Friday Night Eclectic in North Bethesda. Tickets are \$10/advance; \$12/door. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. For tickets, call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## JAN. 27 TO FEB. 5

**"The Royal Family."** Tickets are \$14 and \$16. Produced by David Levin and Nancy Eynon Lark, directed by Laurie Freed and featuring Leta Hall, Leah Mazade, Ken Kemp, Alice Irvin, David Dieudonne, Karen Winokur, Kristi Kelly, David Levin, Stuart Patt, Layne Fuller, Brian Polk, Phil Kibak and Ann Lowe-Barrett. 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](http://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

### English Language Conversation Club.

3 p.m. Join in practicing and improving your spoken English with the help of volunteers leading discussions. Two hours. Drop-in. No registration. Meets at the Potomac Library.

### Swing Dancing.

9 p.m. til midnight. Admission is \$15. One-hour lesson from 8 to 9 p.m. With the Tom Cunningham Orchestra. At Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit [www.tomcunningham.com/calendar](http://www.tomcunningham.com/calendar).

**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](http://www.mygym.com/potomac).

## SUNDAY/JAN. 29

**Bridal Expo.** Noon to 4 p.m. Featuring 30 vendors, including caterers, florists, cake makers and designers, musicians, and DJs, photographers and videographers, and more. At Glenview Mansion at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Tickets for the event are \$5 and can be purchased at the door. Call 240-314-8660.

**Pianist Simone Dinnerstein.** 7 p.m. Tickets are \$23 to \$85. At The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Call 202-785-9727 or visit [www.wpas.org](http://www.wpas.org)

**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](http://www.mygym.com/potomac).

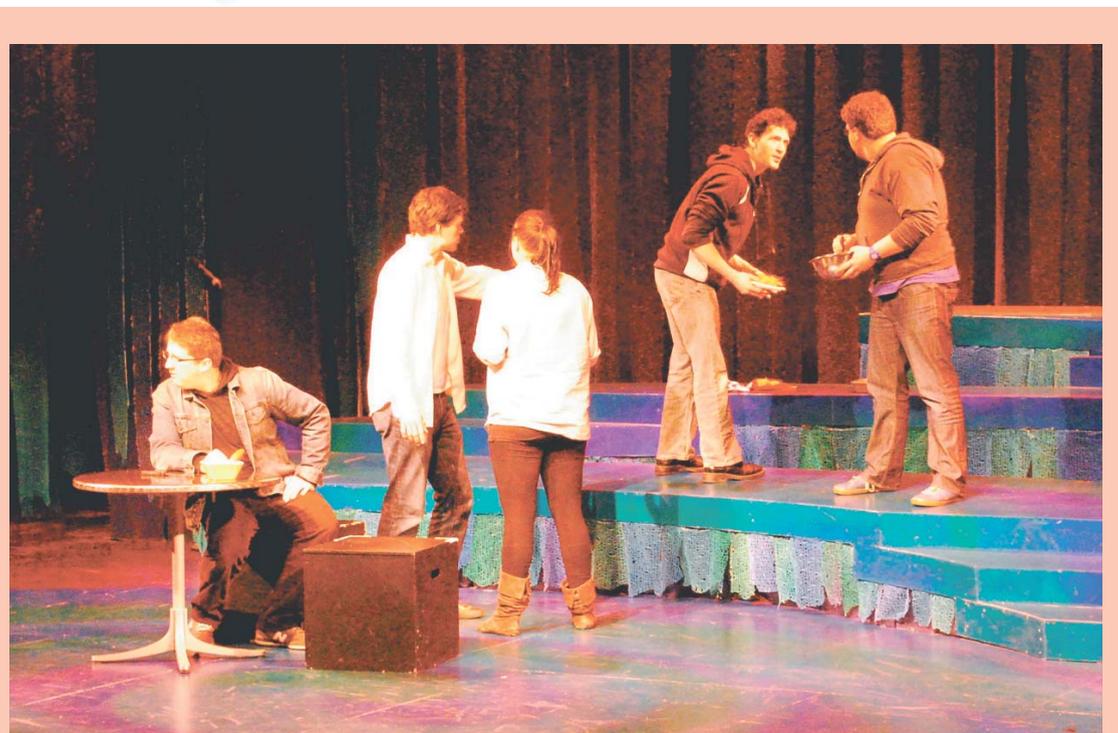
**"Riddle of the Arab Spring."** 10:25 a.m. Lawrence de Bivort, Ph.D., a specialist in Arab and Muslim affairs, will explain the daunting policy issues that the countries of the Arab Spring now face. At RRUUC, 6301 River Road, Bethesda. Visit [www.rruuc.org](http://www.rruuc.org) or call 301-229-0400.

**Waltz Workshop.** 1 to 3 p.m. Cost is \$15. The intermediate/advanced waltz workshop taught by Donna Barker and Mike Marcotte is open to waltzers who are competent with waltz rhythm and footwork and comfortable with the basic half-turn. No partner required. Then stay for the Sunday Afternoon Waltz that begins at 3:30 p.m. At the Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Go to [www.WaltzTimeDances.org](http://www.WaltzTimeDances.org). Contact Diana Hrabosky, at [hrabosky@comcast.net](mailto:hrabosky@comcast.net) or 703-309-7584.

**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](http://www.WaltzTimeDances.org) or e-mail [info@WaltzTimeDances.org](mailto:info@WaltzTimeDances.org).

**Clancy Newman, cello.** 7:30 p.m. Tickets are \$30 (Stars Price \$27). Part of Celebrating American Composers. At the Music Center at Strathmore, North Bethesda. For more information or to purchase tickets, call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

**China Roundtable.** 12:30-3:30 p.m. Featuring three experts presenting on topical issues - economics, culture, daily life and communications -



Imagination Stage

# Play in a Day

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Six professional Washington, D.C., area theatre companies will write, direct, rehearse and perform original plays based on similar themes in only 24 hours. The plays will be presented at the eighth annual Play In A Day, a one-of-a-kind event produced by the Bethesda Urban Partnership and Bethesda Arts & Entertainment District, on Saturday, Feb. 11, at 8 p.m. at Imagination Stage's Lerner Theater.

Play In A Day kicks off on Friday evening, Feb. 10 where playwrights and directors will come together to receive their assigned themes and props. Playwrights then work through the night to create their 10-minute masterpieces. As the sun comes up, rehearsals begin as teams of directors

and actors prepare anxiously to make the 8 p.m. performance deadline on Saturday, Feb. 11, 2012.

Participating theatre companies include: Adventure Theatre (Glen Echo); Flying V (Bethesda); Imagination Stage (Bethesda); Keegan Theatre (Arlington); Olney Theatre Center (Olney) and Round House Theatre (Bethesda).

General admission tickets are \$15 and can be purchased by credit card online at [www.bethesda.org](http://www.bethesda.org). Remaining tickets will be sold at the door beginning at 7 p.m. Imagination Stage is located at 4908 Auburn Avenue. Free parking is available next door in the Auburn Avenue/Del Ray Avenue public garage.

Call 301-215-6660 or visit [www.bethesda.org](http://www.bethesda.org).

pertaining to China today. In the Lindner Dining Hall at Landon School, 6101 Wilson Lane, Bethesda. Event is free and includes a dim sum brunch. Call 301-320-8464 or visit [www.landon.net](http://www.landon.net).

## MONDAY/JAN. 30

### "Knife in the Water" Film.

7 p.m. Roman Polanski's first feature in Polish, B&W. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville.

### Transitions.

10 a.m. to 11 a.m. Dr. Julie Bindeman, a clinical psychologist who specializes in transitions, will speak on the topic, Transitions: cruising, walking, running. This event is free and open to the public. Children are welcome. Sponsored by Shoe Train, this inaugural speaking engagement will kick off a quarterly series (April: sports & young athletes; July: movement, motion & motivation; November: Pediatrician: FAQ-thumb sucking to the terrible 2's/dentistry to diapers). Visit [www.facebook.com/shoetrain](http://www.facebook.com/shoetrain). At Cabin John Mall, 11325 Seven Locks Rd., Potomac.

## WEDNESDAY/FEB. 1 AND FEB. 22

### Ellen Cherry.

7:30 p.m. Tickets are \$12. The performances will feature songs from her album (New) Years, as well as tracks from her upcoming spring 2012 release, "Please Don't Sell the Piano," featuring the debut of her upcoming Strathmore-commissioned work, "Pickett's Charge." At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## THURSDAY/FEB. 2

### 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 of Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to [info@CapitalBlues.org](mailto:info@CapitalBlues.org) or [www.CapitalBlues.org](http://www.CapitalBlues.org).

**Trumpeteer Andrew Balio.** 8 p.m. Baroque specialist Nicholas McGegan will lead the Baltimore Symphony

Orchestra in a program of Bach, Rameau, Haydn and Mozart. Balio will perform Haydn's Trumpet Concerto. At the Music Center at Strathmore. Tickets range from \$28 to \$88 and are available through the BSO Ticket Office, 410-783-8000 or [BSOmusic.org](http://BSOmusic.org).

**Preschool Storytime.** 10:30 a.m. Stories, songs and rhymes for children ages 3 to 6 and their caregivers. At Potomac Library.

## FRIDAY/FEB. 3

**"All I Did Was Ask" — An Evening with NPR's Terry Gross.** 8 p.m. At the Music Center at Strathmore. For more information or to purchase tickets, call 301-581-5100 or visit [www.strathmore.org](http://www.strathmore.org).

## FEB. 3 AND 4

**Rasta Thomas's Rock the Ballet.** 8 p.m. Starring Rasta's Bad Boys of Dance, these dancers fuse ballet, jazz, contemporary, gymnastics and more. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville.

## WINTER FIIN

### NOW THROUGH FEB. 4

**Memories.** Ceramics and Mixed Media by Karin Abromaitis and New Work by Gallery Artists. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441 or [www.waverlystreetgallery.com](http://www.waverlystreetgallery.com).

### NOW THROUGH FEB. 4

**Faces.** Paintings by Shari Hookman Berger and New Work by Gallery Artists. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit [waverlystreetgallery.com](http://waverlystreetgallery.com).

### FEB. 8 TO MARCH 3

**Gallery B Exhibition.** Gallery B is pleased to present its February 2012 exhibition featuring local artists

Shelva Gallman, Kevin Gonzalez, Richard Levine and Sandra Jensen-Taubman. The exhibit will feature landscape painting and photography, will be on display from Feb. 8 – March 3 at Gallery B, located at 7700 Wisconsin Avenue, Suite E, Bethesda. The opening reception will be held on Friday, Feb. 10, from 6-9 p.m. Gallery hours are Wednesday – Saturday, 12-6 p.m. Visit <http://www.bethesda.org/> or call 301-215-6660.

### JAN. 12 TO MARCH 2

**Chinese Painting with Tracie Griffith Tso.** Subjects include bamboo, horses, cranes, koi, pandas, siamese cats, rabbits, plum blossoms and a selection of birds and insects.

At the Clinical Center at NIH, Building 10, 9000 Rockville Pike, Bethesda. Display cases are located on the ground floor.

### 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 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](http://www.rruuc.org)

### JAN. 27 TO FEB. 27

**Mirror To The World: Documentary Photography 2012.** Free.

Photoworks presents its annual tribute to documentary photography, featuring images that span the globe — all from a local group of not-yet-famous photographers. Opening reception is Friday, Jan. 27

from 6 to 9 p.m. Photoworks Gallery open on Saturdays, 1-4 p.m. and Sundays, 1-8 p.m. Exhibit appointments available, 301-634-2274. At Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.



## LET'S TALK Real Estate



by  
Michael Matese

### What Does It Take?

In today's luxury market, Realtors and sellers are noticing one thing about marketing their homes. You have to think outside the box. Selling a luxury home in any area takes dedication to the cause, deep knowledge of the market and last but not least, creativity.

Just putting a home in MLS, putting up a few signs and placing an ad doesn't work anymore, there are too many savvy buyers out there now. Most buyers looking for their dream luxury home don't get in the car and ride around neighborhoods looking for signs. They'll buy high end, glossy magazines, looking for homes that meet the expectations of their lifestyle. Most luxury home owners don't want to be 'sold' on a house, they know what they're looking for, so it's up to the Realtor to find the perfect fit.

Making sure your information reaches the right demographic is crucial, but it works hand in hand with several other key ingredients, because even the most perfect floor plan, the just right location can be ruined if even just one deciding factor is wrong.

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- 11808 Gregerscroft Rd.....\$925,000...Sun 1-4...Krystyna & Coreta...Long & Foster...301-922-4334
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- 11800 Old Georgetown Rd #1326...\$474,040...Sat 11-6.....Bob Lucido.....Toll...410-979-6024
- 11800 Old Georgetown Rd #1106...\$534,835...Sat 11-6.....Bob Lucido.....Toll...410-979-6024
- 11800 Old Georgetown Rd #1325...\$424,335...Sat 11-6.....Bob Lucido.....Toll...410-979-6024

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**All listings due by Monday at 3 P.M.**



**Manager Norma Lopez with Operations Manager Jarrett Waller.**



**Christopher Sandoval, Pablo Escobar and Alex Guillen — some of the new staff at Five Guys.**

## Potomac Welcomes Five Guys

FROM PAGE 3

and early '90s expanded their business with five more restaurants and sit-down seating. In 2003, they initiated selling franchises and now there are 900 locations in 46 states and six Canadian provinces.

The restaurant uses only fresh ground beef and each burger is formed by hand. They cook the freshly-cut fries in peanut oil — and offer a variety of toppings for their sandwiches. Other menu options include a vegetarian sandwich and a grilled cheese sandwich. The potatoes and toppings are hand-cut each day. According to its website, there

are over 250,000 possible ways to order a burger or hot dog. Waller gave away a “good-to-know” secret: “It’s not on the menu, but you can also order a BLT in our restaurant.”

Norma Lopez, the manager of the Potomac “Five Guys,” said, “I love my job. It is so busy, but since we sell such a good burger — and hot dogs too — people love to eat here. It makes my job easy.”

Behind the counter are more than five guys in their signature red shirts and hats. “Usually we have about 10 working each shift,” said Waller. “We want to be certain our customer service is the best.”

## Volunteers Sought for River Cleanup

FROM PAGE 3

verts and storm drains,” according to the report. Stream burial “dramatically” degrades stream health and water quality.

**THE LAND** around the river in Montgomery County has long been defined as a “green wedge,” with larger lot zoning and more protection for the forests along the river. This is one of the major reasons the local area has its semi-rural character.

Montgomery County is in the midst of completely rewriting its zoning code, and the health of the river is one reason this effort matters. Density, stormwater runoff, stream and streamvalley quality and impervious surfaces even on the other side of the county from the river, all make a difference in the quality of the drinking water that comes from the Potomac.

See [www.montgomeryplanningboard.org/development/zoning](http://www.montgomeryplanningboard.org/development/zoning).

Another challenge from increasing population is a relatively new contaminant class, at least some of which comes from pharmaceuticals. The reports says that scientists have found hundreds of “endocrine-disrupting chemicals” in the river. Effluent from

wastewater treatment plants and runoff from farms are likely contributors to this contamination that has caused “intersex fish.”

**MONTHLY CLEANUPS** continue at The Potomac Conservancy’s River Center on Sunday, Feb. 5, from 10 a.m. to noon at Lock 8.

The River Center is a cooperative project of the Potomac Conservancy and the National Park Service.

See [www.Potomac.org](http://www.Potomac.org).

Volunteers are also needed for the Alice Ferguson Foundation 25<sup>th</sup> Annual Potomac River Watershed Cleanup on April 14.

In 2011, 11,388 volunteers removed 228 tons of trash, including 20.66 tons of tires and 14,606 bags of trash and recyclables from 613 sites along the Potomac River watershed, according to the Alice Ferguson Foundation;

15.1 tons of recyclable materials were actually recycled after last year’s cleanup.

Sites for the April cleanup include Angler’s Inn, Carderock Park, Great Falls Tavern, Pennyfield, Riley’s, Violette’s and Swain’s locks

See [www.fergusonfoundation.org](http://www.fergusonfoundation.org).

### THIS WEEK IN POTOMAC

FROM PAGE 4

The next two years the volunteer fire department board of directors will be raising money to rebuild the Potomac fire station on Falls Road near Oaklyn Drive.

## Former C&O Ranger Killed

Margaret Anderson, a former ranger of C&O Canal National Historical Park from 2004-2008, was killed on duty New Year’s Day at Mount Rainier National Park in Washington state.

“Margaret had a real love of nature,” said Kevin Brandt, the park’s superintendent, “and was every-

thing that you’d want a ranger to be.”

Anderson, 34, was shot and killed while stopping a car that raced through a mandatory chain-up check up point. The car was headed for Paradise, the park’s popular winter destination. Anderson and other rangers who stopped the man who killed her are credited with saving many lives of visitors, volunteers and employees of the Washington state park. Anderson’s husband, Eric Anderson, was also a park ranger at Mount Rainier National Park. They had two young children. Donations to help the family may be made online through the National Park Foundation at [www.nationalparks.org/MargaretAnderson](http://www.nationalparks.org/MargaretAnderson).

Uniformed employees will wear mourning bands to honor the life and service of Ranger Anderson until sunset on Jan. 31, 2012.

# Potomac REAL ESTATE

IN NOVEMBER 2011, 37 POTOMAC HOMES SOLD BETWEEN \$1,635,000-\$369,000.

## Sales over \$1 million, November 2011



**1** 7828 Stable Way, Potomac — \$1,635,000



**3** 9616 Pinkney Court, Potomac — \$1,590,822



**4** 11008 Picasso Lane, Potomac — \$1,489,000



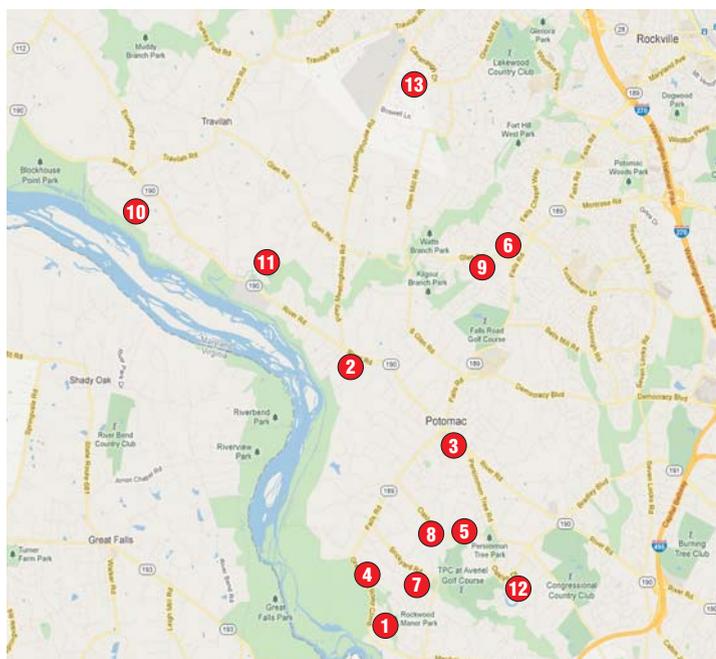
**7** 8109 River Falls Drive, Potomac — \$1,385,000



**6** 11705 Winterset Terrace, Potomac — \$1,400,000



**5** 8805 Watts Mine Terrace, Potomac — \$1,475,000



Address	BR	FB	HB	...	Postal	City	...	Sold Price	...	Type	Lot AC	...	Postal Code	...	Subdivision	...	Date Sold
1 7828 STABLE WAY	5	..	4	. 1	POTOMAC	.....	\$1,635,000	....	Detached	....	0.22	.....	20854	.....	RIVER FALLS	.....	11/17/11
2 11211 RIVER VIEW DR	5	..	4	. 1	POTOMAC	.....	\$1,600,000	....	Detached	....	1.52	.....	20854	.....	MARWOOD	.....	11/01/11
3 9616 PINKNEY CT	5	..	5	. 2	POTOMAC	.....	\$1,590,822	....	Detached	....	0.69	.....	20854	.....	CONCORD	.....	11/07/11
4 11008 PICASSO LN	5	..	4	. 1	POTOMAC	.....	\$1,489,000	....	Detached	....	1.33	.....	20854	.....	POTOMAC OUTSIDE	.....	11/17/11
5 8805 WATTS MINE TER	5	..	4	. 1	POTOMAC	.....	\$1,475,000	....	Detached	....	0.57	.....	20854	.....	AVENEL	.....	11/11/11
6 11705 WINTERSET TER	5	..	4	. 2	POTOMAC	.....	\$1,400,000	....	Detached	....	0.48	.....	20854	.....	WINTERSET	.....	11/17/11
7 8109 RIVER FALLS DR	5	..	4	. 1	POTOMAC	.....	\$1,385,000	....	Detached	....	0.34	.....	20854	.....	RIVER FALLS	.....	11/16/11
8 8801 POTOMAC STATION LN	6	..	6	. 2	POTOMAC	.....	\$1,307,000	....	Detached	....	2.00	.....	20854	.....	POTOMAC OUTSIDE	.....	11/15/11
9 9800 GLYNESHIRE WAY	5	..	4	. 1	POTOMAC	.....	\$1,260,000	....	Detached	....	0.31	.....	20854	.....	CLAGETT FARM	.....	11/08/11
10 13616 CANAL VISTA CT	5	..	4	. 1	POTOMAC	.....	\$1,200,000	....	Detached	....	2.54	.....	20854	.....	RIVERS EDGE	.....	11/28/11
11 11509 LAKE POTOMAC DR	5	..	3	. 1	POTOMAC	.....	\$1,100,000	....	Detached	....	2.16	.....	20854	.....	LAKE POTOMAC	.....	11/07/11
12 9430 TURNBERRY DR	3	..	3	. 1	POTOMAC	.....	\$1,075,000	....	Townhouse	....	0.16	.....	20854	.....	AVENEL	.....	11/14/11
13 13311 MORNING FIELD WAY	6	..	5	. 1	POTOMAC	.....	\$1,010,000	....	Detached	....	0.20	.....	20854	.....	PINEY GLEN VILLAGE	.....	11/18/11

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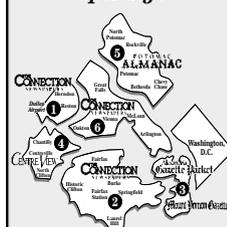
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THE CONNECTION  
NEWSPAPERS

## For All I Know...



By KENNETH B. LOURIE

Skipping my monthly targeted treatment (Avastin) because my kidneys are under stress might be a good thing. It might mean my body doesn't need (it certainly doesn't want) to be infused. Alternatively, it might mean that, after nearly 33 months of it, it can't take it anymore (even though it may need it). Outliving your original prognosis and existing between the cracks – and beyond the cracks – of heretofore standard protocols/life-expectancy for stage IV lung cancer patients who live years longer than anticipated, presents its own unique set of problems (maybe challenges would be a better description). Although many books have been written on the lung cancer subject, the number of chapters written about individuals who don't succumb to their disease – according to the statistical history of similarly diagnosed patients, is unfortunately a function of supply and demand/cause and effect: there aren't enough survivors.

As one of the few-and-far-between survivors, my treatment is subject to change and subject as well to how I/my body tolerates what is going into it and how that is measured coming out. Whatever I think I feel is not nearly as important as what the lab work indicates is happening – internally. Absent any complaints/observations from me concerning my symptoms – or lack thereof, the tale of the tape is the blood and urine that I provide every month. After providing an early morning sample, later that day or mid morning the following day, I will have received confirmation that my ongoing treatment can proceed or that it can't. Sometimes my treatment has been delayed a week, other times by as long as a month; waiting for levels to return to semi normal – for me, under treatment, that is.

Given that I am now officially an anomaly: still alive; what happens next, what timetable for treatment will likely follow, what schedule of medications and/or scans will occur going forward, is cast in quicksand. Ever-changing, always in the pursuit of prudence and of not causing collateral damage/making matters worse by being too aggressive or unresponsive to what my body (via the lab work) is indicating, is the bane of my rather fortunate existence. Commonsense medicine becomes the order of the day, and the night, too. It's all one big definite-maybe, a process with which I am happy to live (live being the operative word).

I remember the early days of my diagnosis/prognosis when I was undergoing the heavy-duty (I call it "Big") chemotherapy, an every-three week, six-hour cocktail infusion of three drugs which naturally took its toll. Like the Fairy Tales, my prognosis was grim. I recall asking my oncologist for a scenario-type assessment of my future. He was not particularly encouraging; he was honest, as I asked him to be. Nevertheless, I persisted and when the opportunity presented itself, I would ask him if it was still OK for me to buy in bulk. As I continued to not decline, his answer was always "Yes." Nearly three years post-diagnosis, I can't help wondering if skipping treatment because a certain level of something or other is off the standard charts (high or low), should I stop buying in bulk or rather continue what I'm doing because whatever it's been, with my oncologist's help, it's been working?

I don't want to make too little of what's now not happening as regularly as it once did, but it's becoming increasingly difficult to not make too much of it, either.

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

# Whitman Attempting To Fill Ceccone's Scoring Void

**Vikings struggle offensively during loss to Walter Johnson.**

BY JON ROETMAN  
THE ALMANAC

**R**achel Sisco couldn't buy a bucket, misfiring from the perimeter with regularity. Kristina Feldesman attacked the basket, earning multiple trips to the free-throw line, but came up empty more often than not. Alex Purdy couldn't get it going at the offensive end.

The Whitman girls basketball team lost to Walter Johnson 49-36 on Jan. 20, snapping a three-game winning streak for the Vikings. Despite scoring just 15 points in the first half and trailing by 11 in the third quarter, Whitman pulled to within two early in the fourth. But after a bucket by Feldesman cut Walter Johnson's lead to 33-31 with 6:33 remaining in the contest, the Warriors held off the Vikings' quest to tie or take the lead.

With leading scorer Angelica Ceccone sidelined for nearly a month — and possibly for the remainder of the season — due to lingering effects of a knee injury suffered last season, Whitman has relied on a committee approach for picking up the offensive slack. On Friday, however, the Vikings didn't have a player score more than six points as Whitman produced its lowest offensive output of the season.

"She's a natural scorer. She finds a way," Whitman head coach Pete Kenah said about Ceccone. "Our leading scorer tonight had six points. I don't think in two years Angelica's ever only had six points. Now it might take her a lot of shots to get six points, but she would find a way to get more. ..."

"[The Vikings' offensive outlook without Ceccone is] who's going to be our leading scorer tonight? We've had five different kids lead us in scoring. Versus Richard Montgomery [on Jan. 13], it was great. Alex Purdy



**Whitman's Kristina Feldesman scored six points against Walter Johnson on Jan. 20.**

has a career-high 19, it loosens things up [and] other people do their thing. Everyone else has sort of stepped up their game. Tonight was really the first game where we were sort of looking for answers and we didn't have any."

The Vikings' frustration was evident as players started to grumble after repeated misses. Whitman's most productive stretch was a 9-0 run late in the third quarter and into the fourth, allowing the Vikings to keep the game close for most of the final period. However, Walter Johnson pulled away in the final two minutes, closing the contest on a 9-0 run.

"It's one of the hardest things as a player to see the ball continuously going out of the basket," an emotional Feldesman said. "I think what we needed to and weren't able to do is build off of the smaller things — build off us making a layup or us making a good defensive play."

Whitman's struggles oozed down to the



**Rachel Sisco had an off shooting night against Walter Johnson on Jan. 20, but has played a key role in helping the Vikings overcome the loss of leading scorer Angelica Ceccone to injury.**

defensive end as Walter Johnson post Kristen Larrick scored a game-high 24 points. The Vikings tried to front Larrick, play behind her and play behind her with a double team but none of it worked.

"When our shooting's off," Sisco said, "we don't really come back hard on defense and it's sort of an ongoing cycle."

Sisco and Feldesman each scored six points for Whitman. Linn Bumpers and Britany Fleck each scored five points, Purdy, Lindsay Herschfeld and Yeiwah Brewah each scored four and Kim Durante added two.

Feldesman said if the Vikings are struggling offensively, they need to find a way to play well at the other end.

"You really just have to keep focused and have the mindset that, hey, we didn't get it on offense that time, let's play lockdown



**Whitman's Alex Purdy drives to the basket while the Vikings' injured leading scorer, Angelica Ceccone, watches from the bench.**

defense so we can get on offense again," Feldesman said. "I don't think it's necessarily a matter of separating the two, I think it's a matter of having one motivate the other."

The loss was Whitman's second against Walter Johnson this season — the Wildcats beat the Vikings 46-42 on Dec. 21 — and dropped its record to 8-5, including 3-3 in the division.

"In the locker room you could see that there was definitely a sense of hurt," Kenah said. "This is my 10th year coaching. It hasn't been since my second year that we lost both games to Walter Johnson."

Whitman will travel to face Bethesda-Chevy Chase at 7 p.m. on Friday, Jan. 27 and Wootton on Jan. 30. The Vikings' next home game is Feb. 3 against Springbrook.

"This just isn't us," Feldesman said. "We need to get back to our Whitman basketball."

## SPORTS BRIEFS

### Churchill Boys Defeat B-CC

The Churchill boys basketball team improved to 10-3 with a 70-51 home victory against Bethesda-Chevy Chase on Jan. 20.

Churchill never looked back from a 25-point second quarter that broke open a one-point game en route to reaching double-digits in victories and a two-game lead in the Montgomery County 4A South Division race with a 5-1 record.

After a sluggish first quarter, the Bulldogs found their mojo in the second quarter behind the efforts of senior forward Thomas Geenen (8 points and 9

rebounds in the first half) and junior guard Dominique Williams (11 points) to go into the locker room with a 36-20 half-time lead.

"We stressed all week that it would be important to come out strong after the exam period since we hadn't played in a week," Churchill head coach Matt Miller said in a press release. "So when we came out a little flat (in the first quarter) naturally I was a little concerned. But fortunately the guys picked up their intensity in the second quarter and that got us going."

Helping the Bulldogs to earn their fourth consecutive victory was Geenen who had a strong overall game with 12 points, 17 rebounds and 7 assists. Senior center Kyle Edwards was the leading scorer for

Churchill with 14 points while senior guard Sam Edens chipped-in 12 points and Williams added 11 points to balance the Bulldog offense. Churchill also got strong bench contributions from senior center Quan Gill and sophomore guard Matt Moshyedi who had eight points apiece.

Key to the Churchill victory was their continued strong work on the glass, out rebounding the Barons 40-22, and strong defensive pressure for the first three quarters.

"I thought we did a good job containing their scorers through three quarters and getting rebounds on both ends of the floor," Miller noted. "But our fourth quarter defensive effort was not where we wanted it to be and we allowed them too many open

looks. Tonight, we were able to get away with playing three quarters of defense but if we want to be a team that can go deep into the State playoffs, we're certainly going to have to be solid for all 32 minutes."

Churchill will host Wootton at 5:15 p.m. on Friday, Jan. 27.

### Churchill Girls Reach 11 Victories

The Churchill girls basketball team defeated Bethesda-Chevy Chase 48-27 on Jan. 20 to improve to 11-2. The Bulldogs will host Wootton at 7 p.m. on Friday, Jan. 27.

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