

Potomac ALMANAC

Home Life Style
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Celebrating Solstice

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At the Senior Solstice Luncheon last month at the Potomac Community Center, Shelagh, a full-size poodle, shows her affection for her owner, Eileen Hershberger. Hershberger leads the senior exercise classes for Surburban Hospital.

Awarding Founding Farmers

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Unforgettable Spaces

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Churchill Boys' Basketball Beats Wootton

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PHOTO BY HARVEY LEVINE/THE ALMANAC

JANUARY 9-15, 2013

ONLINE AT POTOMACALMANAC.COM

Founding Farmers Wins Nature Conservancy Award

Nationally, 11 restaurants honored.

BY SUSAN BELFORD
THE ALMANAC

Founding Farmers, the Park Potomac restaurant, was recently selected for The Nature Conservancy's People's Choice Nature's Plate Award. This honor highlights environmentally sustainable restaurants across the United States as a part of the organization's "All Hands on Earth" initiative. Eleven different cities held their own Nature's Plate promotion — and across the country, "green" restaurants received accolades.

Founding Farmers was one of 11 restaurants to receive the most votes through two rounds of online and mobile voting. The restaurant was started by American family farmers from the North Dakota Farmers Union. It is still owned by farmers and offers fresh farm-inspired American "true food and drink." They serve products purchased from farms, ranches and fisheries from across the U.S. but also include seasonal products whenever possible from local Montgomery County and surrounding area



Founding Farmers has received The Nature Conservancy's People's Choice Nature's Plate Award.

farms and fisheries.

The inaugural Founding Farmers opened in Washington D.C. in 2008 as the first up-scale-casual, full-service LEED Gold restaurant in the country. The "Certified Green" restaurant adheres to green operations, including recycling, composting and high-efficiency water and energy usage. Menus are

printed on recycled paper and the builders made extensive use of reclaimed and recycled materials.

Dan Simons, concept developer and managing partner for Founding Farmers explains their deep commitment to the planet: "For us, it's interesting because sustainability, or being green, is not a tactic or strategy. We

are green because it's in our DNA."

The restaurant's motto is "Through the eyes of the farmer."

"That perspective means a lot to us," said Simons. "The message we want to get out there is the message of the American family farmer. That message is that the planet matters; the next generation matters; the quality of what we put into our bodies, ground and animals matters."

One of The Nature Conservancy's missions is "to conserve the lands and waters on which all life depends." This includes protecting and reconnecting to the sources of our food. Its message: "Start with the food you eat — from what you buy and where you get it to how you dispose of it."

Around the world, The Nature Conservancy works with local fishers and industries to stabilize fish populations and to develop sustainable fishing methods. They are rebuilding shellfish reefs and underwater grasses that nurture new generations of shrimp, crabs, oysters and other ocean life.

To learn more about The Nature Conservancy, go to www.nature.org. Founding Farmers is located at 12505 Park Potomac Avenue, Potomac. Reservations can be made at www.wearefoundingfarmers.com or at 301-340-TRUE (8783).



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Senior Solstice Luncheon

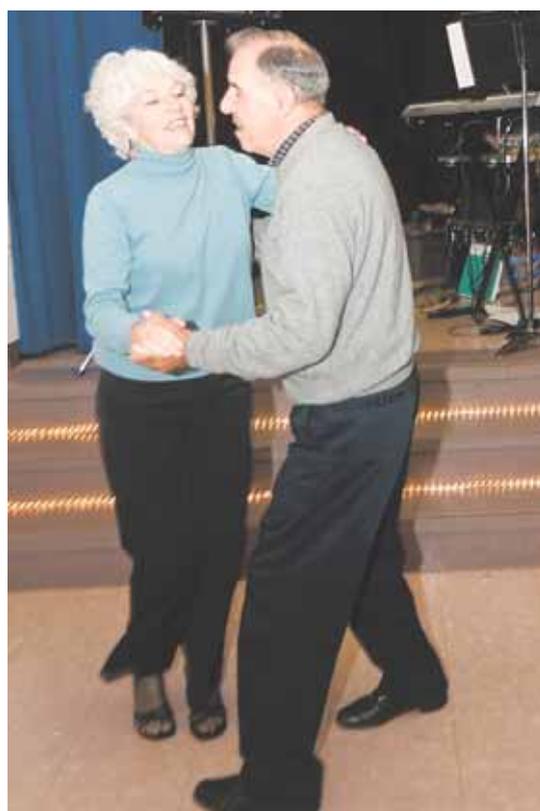
Those attending the Senior Solstice Luncheon at the Potomac Community Center on Dec 18 take to the dance floor for some Twisting.



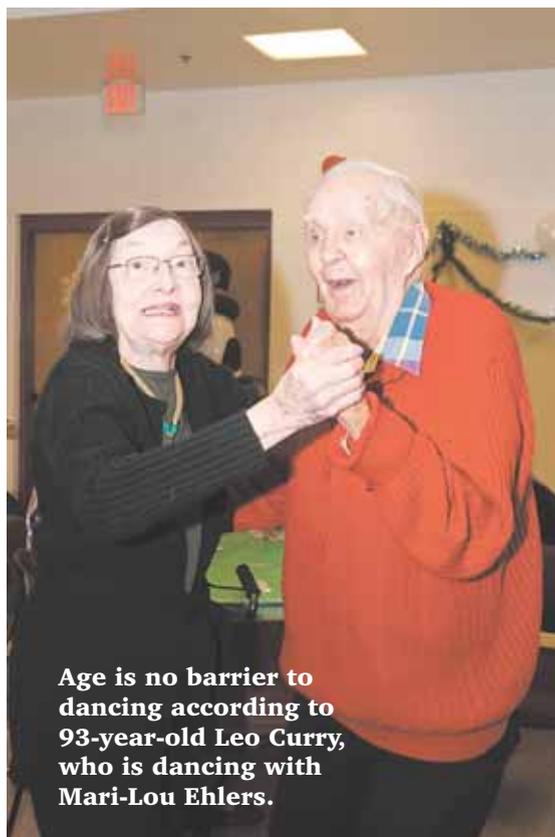
Russ and Donna Miller are the music group "Take Two." They provided the music for the event.



Wendy Espinoza, who is in charge of the Senior Luncheon, tells the audience about the entertainment and the dinner.



Maureen and Henry Santiago



Age is no barrier to dancing according to 93-year-old Leo Curry, who is dancing with Mari-Lou Ehlers.

NEWS BRIEFS

Budget Forums

Montgomery County Executive Isiah Leggett (D) will hold five budget forums in January and February to solicit input from the public about the Fiscal Year 2014 operating budget priorities. Residents can attend the forums and provide input; predicted budget shortfalls are likely to result in cuts to county services.

Leggett is scheduled to propose his operating budget on March 15. °

The County Council approves the FY 14 operating budget at the end of May.

Forums are scheduled to begin at 7 p.m. on the following dates:

- ❖ Jan. 24, BlackRock Center for the Arts, 12901 Town Commons Dr., Germantown
- ❖ Jan. 28, Bethesda-Chevy Chase Regional Service Center, 4805 Edgemoor Lane, Bethesda
- ❖ Jan. 29, Silver Spring Civic Building, One Veterans Plaza, Silver Spring
- ❖ Feb. 4, Eastern Montgomery Regional Services Center, 3300 Briggs Chaney Road, Silver Spring.

Call at least three days in advance to request sign language interpreter services or other adaptive aids at 240-777-6507, TTY 240-777-6505 or email a request to karen.falcon@montgomerycountymd.gov.

Manual Transmission Stalls Carjacking

An attempted carjacking stalled Sunday, Jan. 6, when two suspects were unable to operate the manual transmission of the vehicle they carjacked, according to Montgomery County Police.

Rockville City Police arrested a 20-year-old Potomac man, of Victory Lane, and a 21-year-old who lives on Vista Street in NE Washington D.C.

According to Montgomery County police, the driver of a food delivery vehicle and his passenger made a delivery in the 1600 block of Yale Place at approximately 8:50 p.m. in Rockville. °

When the driver walked back to his vehicle, two adults approached him and demanded the vehicle as one displayed a handgun. The other victim in the vehicle fled, but the suspects couldn't operate the manual transmission of the vehicle, according to police.

The suspects fled the scene, but police located both suspects shortly after as well as a discarded backpack owned by one of the suspects which contained a black semi-automatic replica BB gun.

Both suspects are currently being held on bond and were charged with armed carjacking, conspiracy to commit armed carjacking and motor vehicle theft.

Increased Bullying at Schools

Montgomery County Public Schools confirmed 487 cases of bullying, harassment or intimidation during the 2011-2012 school year.

"Bullying among children and teenagers has often been dismissed as a normal part of growing up," said Montgomery County Councilmember Valerie Ervin. "Our attention needs to be focused on the devastating effects of bullying and the connection between bullying and other forms of violence. Silence is no longer an acceptable response to bullying."

More than half of students in the county agreed that bullying is a problem in their schools.

More information on bullying can be found from the MCPS web site at: <http://www.montgomeryschoolsmd.org/info/bullying/>

The Montgomery County Council approved a resolution in December to increase efforts to prevent bullying through the enhancement of multi-disciplinary teams that will develop collaborative prevention strategies. The Council will request increased funding from the Maryland General Assembly during the 2013 session for anti-bullying efforts.

SEE NEWS BRIEFS, PAGE 5

OPINION

Happy New Year, Keep in Touch

Reflecting and reinforcing the sense of community.

As a local, weekly newspaper, the Almanac's mission is to bring the news you need about your community, to give you the information you need to enjoy the best things in and near your community, to advocate for community good, to call attention to unmet needs, to provide a forum for dialogue on local concerns, and to celebrate and record milestones and events in community and people's lives.

To succeed at any of that, we need your help.

If you know of a person or an organization doing important work, something that might make a good feature story, let us know. We want to know if someone in your family or your community published a book, became an Eagle Scout, raised money for a good cause, accomplished a feat like running a marathon or having an art show. Send us a photo and tell us about it.

We publish photos and notes of a variety of personal milestones and community events, including births, engagements, weddings, anniversaries, awards and obituaries.

We are also interested in events at your church, mosque, synagogue, community center, pool, school, club, etc. E-mail us a photo and a note about the event. Be sure to include the names of all the people who are in a photo, and say when and where the photo was taken.

We also publish notes about news and events from local businesses. Notes about openings, new employees, anniversaries are welcome.

To have an event included in our calendars, we appreciate getting notice at least two weeks ahead of the event, and we encourage photos. Events for our calendars should be free or at nominal cost and open to the public.

In covering the issues, we strive to provide a voice for our readers. We look forward to hearing from you.

EDITORIAL

The Almanac is published by Local Media Connection LLC, an independent, locally owned company. The publications and websites include the Alexandria Gazette Packet, the Mount Vernon Gazette, two editions of the Centre View, the Potomac Almanac and individual Connection papers and websites serving McLean, Great Falls, Vienna/Oakton, Oak Hill/Herndon, Reston, Springfield, Burke, Fairfax Station/Clifton/Lorton, Arlington, Centreville, Chantilly/Fair Oaks, Alexandria and Mount Vernon.

The publications and websites have won hundreds of awards for news and community

coverage just in the past few years, including the Virginia Press Association Award for Integrity and Community Service last year.

The operation of these community-serving publications is entirely funded by advertising. The papers are delivered free to homes and businesses throughout Potomac, and through free digital replica subscriptions. If you or your organization appreciate the Connection publications, please support them by patronizing our advertisers and by spending a portion of your marketing budget with us.

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— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Supports Rink Modifications

To the Editor:

I wanted to take a moment to express my support in moving forward with the proposal for modifying the rink at the Potomac Community Center. Given the right en-

vironment and opportunities, children with all types of disabilities can thrive and grow to overcome their challenges. The rink is a brilliant opportunity to help bring the community together and build upon the diversity of programming already available at the PCC. In light of the recent events in Connecticut, I can't think of a better

way for a community to come together to invest its time, money, and energy than providing a safe and welcoming environment for children, young adults and families with all different types of physical challenges to grow.

I recognize that all too often, a select minority within any community get caught up in over-think-

ing trivial details and end up overlooking others' needs. I wanted to take a moment to express my full support and commend you for continuing to maintain an awareness of what's really important in building a healthy and safe community. Please keep up the great work.

Gary Albert

Life on Mars and the Fourth Dimension

BY CAROLE FUNGER

With all this hype about possible life on Mars, what makes us think we would know it if we saw it? Life may already exist in another dimension that we may not be equipped to see.

That "life" may exist in the fourth dimension, a space that lies beyond our visible universe, operating in ways that our human minds cannot understand. This new form of life may be related or dependent on the interaction of what is seen and unseen.

Many researchers believe that the only reason we can't see the fourth dimension is because we can't possibly imagine it. Theories abound on what it might be. Einstein called the fourth dimension time, while noting it was inseparable from space. Mystics theorize it may harbor spirits not bound by earthly rules. Still others believe we already know the fourth dimension in our innermost selves.

Imagine for a moment that on Mars there

were beings existing in the fourth dimension, how would we recognize them? Would "seeing" them require a change in our consciousness, forcing us to rise to a new level of understanding? Perhaps the way we interacted with these life forms would be as a unit, like cells in a body.

Consider how we humans would appear in a two-dimensional world: a world as flat as a sheet of paper. Entering its universe, our three-dimensional selves would be perceived by inhabitants only as cross-sections, in other words, flat.

A MATTER OF PERSPECTIVE

What does fourth dimensional space look like? Here's what science has to say on the subject. In laymen's terms, the four dimensions are described as:

(No dimension): a point in space with no width, length or height

First dimension: the point extended out in any direction creating a line segment

Second dimension: the line extended in any

direction that is perpendicular to the first direction, creating a square

Third dimension: the two-dimensional square extended in a third direction, perpendicular to the first two, creating a cube

Fourth dimension: the hard part: the cube extended in yet another direction perpendicular to the first three, or any space that is perpendicular to a cube, something most of us can't even visualize.

It may take something from this other dimension, intersecting with our own, to open our minds to "see." What would this four-dimensional being look like to us? Traveling in space, perpendicular to our own, its shape would be distorted and misshapen, possibly like a Picasso painting, with legs, skin and cells all appearing separately or at once, both inside and out of us. All interesting concepts when we think about Mars and the fascinating new discoveries awaiting us from the Mars Rover. While nothing is certain, this author believes it won't take "seeing" to believe it.

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An Award-winning Newspaper in Writing, Photography, Editing, Graphics and Design

NEWS BRIEFS

FROM PAGE 3

Who Speaks for the Trees?

The Montgomery County Council is scheduled to hold a public hearing on two bills on Jan. 17, 7:30 p.m., County Council Hearing Room, 100 Maryland Avenue, Rockville, Maryland 20850.

The Urban Canopy Bill discourages the common practice of clearing trees from small lots during redevelopment, according to Ginny Barnes of West Montgomery County Citizens Association. "This bill focuses on the continued canopy depletion in urban areas where the loss of individual and small stands of trees has been both significant and cumulative," she said.

Additional legislation recently introduced by councilmembers Roger Berliner and Marc Ehrlich would require county permits for any work done in the county right-of-way that damages trees. The Montgomery County Streets and Roadside Tree Protection Bill will require that the Department of Permitting Services to work with the Chief of Tree Maintenance in the county's Department of Transportation to determine if a tree can be saved, or if the applicant would contribute to a tree fund to ensure its replacement.

See www.montgomerycountymd.gov/council
To testify call 240-777-7803

\$1 Million for Artificial Field?

A public hearing is scheduled for next Tuesday, Jan. 15 at 1:30 p.m. for the supplemental appropriation of \$1.1 million for an artificial turf playing field at Wootton High School in the MCPS FY13 Capital Budget and amendment to the FY13-18 CIP \$1,100,000.

The hearing is scheduled to take place in the Council Hearing Room, 100 Maryland Avenue, Rockville, Maryland 20850.

See www.montgomerycountymd.gov/council
To testify call 240-777-7803

Martin Luther King Jr. Day

The annual Tribute and Musical Celebration in honor of Dr. Martin Luther King Jr. will be held at the Music Center at Strathmore on Sunday, Jan. 20 at 3 p.m. The free event features musical and dance acts, and winners of this year's Children of the Dream, Humanitarian and Literary Arts awards will be announced. Tickets are required and may be reserved through Strathmore's website at www.strathmore.org.

Unclaimed tickets will be released to the public at 2:45 p.m. on the day of the show.

County activities in honor of Dr. Martin Luther King Jr.'s birthday on Monday, Jan. 21 coincide with the 2013 Presidential Inauguration festivities.

President Barack Obama has asked Americans to participate in service projects that weekend to celebrate the legacy of Martin Luther King.

Montgomery County's Volunteer Center will coordinate indoor family-friendly service projects on Monday, Jan. 21 at the North Bethesda Marriott Conference Center, 5701 Marinelli Road, from 9-11 a.m. Projects include preparing bagged lunches for county shelters, making snow-day lunch boxes for Meals on Wheels, constructing fleece blankets for Montgomery Hospice, writing pen pal letters and skyping with students in Uganda and attending a workshop of the Conflict Resolution Center. Participants can learn more about opportunities with local organizations at a volunteer fair.

The Volunteer Center also seeks event staff volunteers at the Bethesda location to register participants, run craft tables, answer questions and for setting-up and closing down. See www.montgomeryserves.org.

All activities are approved for Student Service Learning (SSL) hours through Montgomery County Public Schools.

Manna Food Center will hold Help the Hungry food drives on Saturday, Jan. 19 and Sunday, Jan. 20 at Giant grocery stores. See www.mannafood.org or call 301-424-1130. Non-perishable food donations will also be collected on Monday at the service project sites in North Bethesda.

Birding for Beginners

The Potomac Conservancy offers a bird walk along the C&O Canal on Sunday, Feb. 10 from 1-2:30 p.m. Meet at the River Center at Lock 8, 7906 Riverside Drive, Cabin John. Learn basic birding techniques from National Park Service Ranger Kelly Fox. Contact Lien Vu atvu@potomac.org or at 301-608-1188.

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Unforgettable Spaces Local designers share their favorite home designs from 2012.

BY MARILYN CAMPBELL
THE ALMANAC

Local interior designers spend their days mixing colors, accessories and furnishings to create chic and stylish rooms. As the new year begins, some local tastemakers look back on some of their most memorable accomplishments.

Nadia Subaran of Aidan Design names a light-filled Alexandria, Va., kitchen as one of her top accomplishments for 2012. "This ... kitchen was designed for an active family with small children and pets, so it was important to provide spaces where the entire family could gather, such as the breakfast nook and multi-level island," said Subaran.

Storage options abound in the new space, which includes an adjoining butler's pantry. "The ample windows and doors let in plenty of natural sunlight, also important for this busy family," said Subaran.

Evelyn Nicely of Nicely Done Kitchens in Springfield, Va., fell in love with a Fairfax Station, kitchen she completed near the end of 2012. "I'm particularly proud of this one, because the remodel made a huge improvement in the [homeowners'] daily lives," said Nicely. "[It] was not only outdated, but it wasn't functional and it didn't have enough storage." The new kitchen now includes a spacious refrigerator, double ovens and a cook-top with six burners. "Updated lighting highlights the custom cabinetry, while interior lighting in the glass cabinets and under cabinet lighting create the overall ambient effect," said Nicely.

Potomac designer Sharon Kleinman's 2012 masterpiece was the weekend home of a busy family that sits on an expansive horse farm in Mount Airy. "This was a farm-



PHOTO COURTESY OF SHARON KLEINMAN

Potomac designer Sharon Kleinman redesigned this kitchen to create a light, airy space with "granite counter tops in cream and gray and sand ... and cabinets with a creamy finish," she said.

house that needed to be completely redone design-wise," said Kleinman. "The client does a lot of entertaining with friends and family, so we gutted the kitchen to make plenty of room for multiple cooks."

The remodeled kitchen is now a light, airy space with granite counter tops in hues of cream, gray and sand. "The prior cabinets were dark wood, but for the new design, we chose cabinets with a creamy finish," continued Kleinman. "We decided to forgo a kitchen table and instead designed a large island that became the central hub."

The curvaceous light fixtures that dangle above the island are made of iron and thick

glass. "They are fun and have a sense of whimsy," said Kleinman. There is also whimsy in the subtle horse theme that runs throughout the home, echoing the outdoor scenery.

The flooring on the home's main level is made from wide-plank, distressed wood, and the living room was transformed into a space that serves as both a family room and an office. "Over the sofa there is a picture of a horse and rider. We used that painting — the bright red riding jacket and the camel colors — as the inspiration for the room," said Kleinman. "The sofa is in a heringbone fabric, which we accented with



PHOTO BY KYLE SAMPERTON

Arlington, Va., designer Allie Mann's top project for 2012 was the bathroom she created for the D.C. Design House.

chocolate pillows. We added red leopard print for a little bit of whimsy."

Arlington, Va., designer Allie Mann's top project was the bathroom she created for the 2012 DC Design House. "I love the bathroom ... because it blends casual comfort with casual elegance, while incorporating many of the design trends I continue to see this year: subway shower tiles, porcelain flooring and bright marble counters paired with polished nickel fixtures," said Mann, a project designer for Case Design/Remodeling, Inc. "Custom elements such as the window seat and striped walls add elements of uniqueness and style."

Home and Remodeling Show Comes to D.C. Area

Nationally syndicated columnist Heloise and local contractors will educate homeowners.

BY MARILYN CAMPBELL
THE ALMANAC

Whether you're planning to renovate an entire house, update an antiquated bathroom, create a more functional kitchen or simply add more color to your home, there will be inspiration and ideas aplenty at the 2013 Home and Remodeling Show.

The expo, scheduled for Jan. 18-20 at the Dulles Expo Center in Chantilly, Va., will feature more than 400 remodeling industry

Details

Dulles Expo Center
4320 Chantilly Shopping Center, Chantilly, Va.
Friday, Jan. 18, 10 a.m.-9 p.m.
Saturday, Jan. 19, 10 a.m.-9 p.m.
Sunday, Jan. 20, 10 a.m.-6 p.m.
Adults \$10/\$7 (online)
Children 6-12 years, \$3; 5 & under, free
Visit www.homeandremodelingshow.com

experts as well as the trendiest home design products and services.

Some of the biggest names in the home business will attend the show, including Heloise, queen of household hints; nationally syndicated columnist Josh Flagg, the LA real estate mogul and star of Bravo's Million Dollar Listing; and Spike-TV's Mike Baird, who stars in Flip Men. In addition, show-goers will have opportunities to meet

SEE SHOW FEATURES, PAGE 9



PHOTO COURTESY OF JILL COLLINS PUBLIC RELATIONS

The 2013 Home and Remodeling Show will feature more than 400 contractors, architects, suppliers and others in the remodeling industry, and will showcase the latest products, services and trends in the industry.



PHOTO COURTESY OF RILL ARCHITECTS

David Benton of Rill Architects predicts that contemporary design will increase in popularity in 2013. “In the past, traditional architecture has been the go-to design of choice in [the Washington-region]. Now clients are more comfortable with contemporary design, not only with the interior layout, but also the exterior.”

Home Décor Trends for 2013

Designers predict what we will see in the year ahead.

BY MARILYN CAMPBELL
THE ALMANAC

What are the design trends that will define the way we live in 2013? Local tastemakers and design experts break down the trends that will be popular this year.

Potomac-area architect David Benton of Rill Architects says that while architecture is a long-term investment, rather than a passing trend, there are some design and construction techniques that will be in demand in the coming months.

“Sustainable or green design is still growing in popularity as people become more educated on the topic,” said Benton. “In the coming year, we expect clients to continue to investigate areas of added energy efficiency. For example, spray-in insulation, geothermal heating and cooling, high quality windows and LED lights, to name a few.”

Benton adds that the concept of donating discarded building materials is growing in popularity: “Instead of demolishing an existing house and trucking it to a landfill, we have been dismantling the home and donating the building parts to charities. Everything from kitchen cabinets, counters and sinks, to siding and windows can be donated.”

Potomac-area designer Nadia Subaran of Aidan Design believes that creative storage spaces will be big in 2013. “With limited storage space, displaying utensils is a creative and functional alternative to drawer storage,” she said. “The hanging knife rack in the butler’s pantry is another clever stor-

age technique, as well as a great way to create a visual element along a wall. Another trend we’re seeing is open shelving so items are easily accessible and close at hand.”

Benton also predicts an increased interest among homeowners in creating rooms that serve dual purposes. “The traditional living room is becoming smaller or has been replaced by the study or library,” he said. “Clients want to use every part of their home to get more bang for the buck. Rooms that were only used occasionally or were for show, like the living or dining rooms, are now multi-functional spaces.”

The demand for contemporary design will be on this rise. In the past, traditional architecture has been the go-to design of choice in [the Washington-region],” said Benton. “Now clients are more comfortable with contemporary design, not only with the interior layout, but also the exterior. Large expanses of glass and open interiors will continue to grow in popularity for 2013.”

When it comes to color, vibrant hues will replace muted tones: “Grey is the new black, and jewel tones like emerald green and fuchsia, mixed in with grays and whites, will be very hot this spring and fall,” said Chantilly, Va.-based designer Sallie Kjos. “People are going for a much cleaner look, a little more contemporary mixed with traditional.”

In the home accents department, Courtney Thomas, of The Picket Fence in Burke, Va. says blue and white will be popular this year. “It is a pretty classic combination,” she said. “Any sort of décor, like decorative bowls and urns in a blue and white color scheme will be popular.”

Thomas also says soy candles will continue to be popular. “They burn clean and last a long time. Floral scents are popular in spring and citrus scents are always big for kitchens.”

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2012 TOP SALES IN POTOMAC



10108 Iron Gate Road, Potomac — \$4,700,000



9206 Belmont Road, Potomac — \$3,275,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
10108 IRON GATE RD	6	7	2	POTOMAC	\$4,700,000	Detached	2.15	20854	CAMOTOP	09/15/12
9206 BELMART RD	5	4	3	POTOMAC	\$3,275,000	Detached	3.30	20854	POTOMAC FALLS	07/30/12
13 PURCELL CT	7	6	2	POTOMAC	\$2,910,000	Detached	0.69	20854	MCAULEY PARK	06/04/12
11218 RIVER VIEW DR	6	5	1	POTOMAC	\$2,800,000	Detached	1.61	20854	MARWOOD	08/24/12
9809 BENTCROSS DR	6	6	2	POTOMAC	\$2,710,000	Detached	2.01	20854	FALCONHURST	03/15/12
9207 INGLEWOOD DR	4	4	3	POTOMAC	\$2,525,000	Detached	3.27	20854	BRADLEY FARMS	05/31/12
8805 TWIN CREEK CT	6	6	3	POTOMAC	\$2,500,000	Detached	2.00	20854	FALCONHURST	07/16/12
11012 CHANDLER RD	6	6	1	POTOMAC	\$2,400,000	Detached	1.04	20854	FAWCETT FARMS	05/03/12
9924 BENTCROSS DR	6	6	3	POTOMAC	\$2,400,000	Detached	2.39	20854	FALCONHURST	05/31/12
9943 POTOMAC MANORS DR	8	7	2	POTOMAC	\$2,400,000	Detached	1.21	20854	POTOMAC MANOR	08/28/12
10839 PLEASANT HILL DR	6	6	1	POTOMAC	\$2,350,000	Detached	2.09	20854	POTOMAC FALLS	07/24/12
11114 CRIPPLEGATE RD	5	4	2	POTOMAC	\$2,300,000	Detached	4.31	20854	POTOMAC FALLS	04/03/12
10315 RIVERWOOD DR	6	6	1	POTOMAC	\$2,260,000	Detached	2.59	20854	POTOMAC OUTSIDE	04/26/12
12724 GREENBRIAR RD	5	5	2	POTOMAC	\$2,200,000	Detached	2.00	20854	PALATINE	06/27/12
8609 STIRRUP CT	5	4	1	POTOMAC	\$2,190,000	Detached	2.55	20854	POTOMAC RANCH	05/16/12
8533 RAPLEY PRESERVE CIR	6	5	2	POTOMAC	\$2,110,000	Detached	0.44	20854	AVENEL	10/12/12
10701 BURBANK DR	7	7	2	POTOMAC	\$2,100,000	Detached	2.29	20854	POTOMAC MANOR	10/09/12
11220 RIVER VIEW DR	5	4	3	POTOMAC	\$2,090,000	Detached	2.62	20854	MARWOOD	11/13/12
9900 RIVER VIEW CT	6	7	2	POTOMAC	\$2,050,000	Detached	1.94	20854	MARWOOD	07/09/12
11617 LUVIE CT	6	7	0	POTOMAC	\$1,965,000	Detached	0.66	20854	MERRY GO ROUND FARM	10/31/12
11701 CENTURION WAY	7	8	3	POTOMAC	\$1,950,000	Detached	2.00	20854	PALATINE	02/03/12
9721 THE CORRAL DR	4	5	1	POTOMAC	\$1,950,000	Detached	2.08	20854	POTOMAC MANOR	02/22/12
8620 CHATEAU DR	5	5	1	POTOMAC	\$1,900,000	Detached	2.00	20854	KENDALE	06/30/12
10600 BURBANK DR	4	4	1	POTOMAC	\$1,788,000	Detached	2.25	20854	POTOMAC MANOR	04/02/12
11621 LUVIE CT	7	5	1	POTOMAC	\$1,750,000	Detached	0.82	20854	MERRY-GO-ROUND FARM	05/25/12
9727 AVENEL FARM DR	4	3	1	POTOMAC	\$1,725,000	Detached	2.00	20854	AVENEL	01/23/12
8949 ABBEY TER	5	5	3	POTOMAC	\$1,725,000	Detached	0.30	20854	AVENEL	05/21/12
12500 PARK POTOMAC AVE #702 S	3	3	1	POTOMAC	\$1,725,000	Hi-Rise 9+ Floors		20854	PARK POTOMAC	07/31/12
8605 WHITE POST CT	5	4	1	POTOMAC	\$1,700,000	Detached	0.48	20854	MCAULEY PARK	07/10/12
9809 CARMELITA DR	5	4	1	POTOMAC	\$1,700,000	Detached	0.46	20854	MCAULEY PARK	08/10/12
12500 PARK POTOMAC AVE #707	3	3	1	POTOMAC	\$1,699,900	Hi-Rise 9+ Floors		20854	PARK POTOMAC	07/31/12
12529 SYCAMORE VIEW DR	6	6	2	POTOMAC	\$1,675,000	Detached	2.00	20854	STONE CREEK FARM	02/21/12
11209 GREENBRIAR PRESERVE LN	5	5	1	POTOMAC	\$1,675,000	Detached	0.79	20854	GREEN BRIAR PRESERVE	07/11/12
9612 HALTER CT	6	5	2	POTOMAC	\$1,650,000	Detached	2.07	20854	CAMOTOP	06/29/12
8904 IRON GATE CT	5	5	1	POTOMAC	\$1,650,000	Detached	2.04	20854	CAMOTOP	08/17/12
10725 ARDNAVE PL	4	5	1	POTOMAC	\$1,630,000	Detached	2.03	20854	POTOMAC OUTSIDE	03/23/12
10912 CRIPPLEGATE RD	4	2	1	POTOMAC	\$1,630,000	Detached	2.22	20854	POTOMAC FALLS	06/14/12

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9809 Bencross Drive, Potomac — \$2,710,000



9207 Inglewood Drive, Potomac — \$2,525,000



13 Purcell Court, Potomac — \$2,910,000



11218 River View Drive, Potomac — \$2,800,000

Show Features Remodeling Experts

FROM PAGE 6

with local remodeling experts in one-on-one information sessions.

"Anyone who is thinking about or getting ready to do work on the inside or outside of their home can come to this show and not only talk to experts, but also hear from a pretty interesting slate of headliners," said Jill Collins, show spokeswoman. "There is a big educational component. You can get advice and consulting from the top to the bottom of your house and everywhere in between."

For example, Robert J. Kalmin of RJK Construction, Inc. in Fairfax, who sits on the Board of Directors for the D.C. Metro Chapter of the National Association of the Remodeling Industry (NARI), will provide an information guide and checklist for those considering home remodeling projects.

"I am going to be as informative as possible and relay information about making sure consumers have the proper people involved in their project from the design, planning and budget phase," he said.

Bob Gallagher, president of Sun Design in Burke, Va., will have advice not only on general home design, but also on kitchen trends and design ideas for those who are remodeling a house to accommodate multiple generations.



PHOTO COURTESY OF JILL COLLINS PUBLIC RELATIONS

Homeowners will find many design ideas at the 2013 Home and Remodeling Show.

"We will have pictures of our projects," said Gallagher. "We are pushing more on the kitchen trends and multi-generational design for people who have people are aging have folks in their home."

Guy Semmes of Hopkins & Porter Construction Inc. in Potomac, says the show offers homeowners an opportunity to learn the latest trends in home design.

"It is a great thing for someone who is planning a remodel. They will learn a lot."

HOME SALES

In November 2012, 46 Potomac homes sold between \$2,090,000-\$280,000.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code
11220 RIVER VIEW DR	5	4	3	POTOMAC	\$2,090,000	Detached	2.62	20854	
10900 PLEASANT HILL DR	5	4	1	POTOMAC	\$1,575,000	Detached	2.35	20854	
9737 THE CORRAL DR	5	3	2	POTOMAC	\$1,490,000	Detached	2.09	20854	
11107 GLEN RD S	5	6	2	POTOMAC	\$1,459,000	Detached	2.00	20854	
10004 APPLE HILL CT	6	4	1	POTOMAC	\$1,379,000	Detached	0.77	20854	
10400 BRIDLE LN	6	5	1	POTOMAC	\$1,350,000	Detached	0.39	20854	
9821 CONESTOGA WAY	5	4	1	POTOMAC	\$1,151,000	Detached	0.79	20854	
5 STONEY CREEK WAY	5	4	1	POTOMAC	\$1,150,000	Detached	3.07	20854	
10400 RIVERWOOD DR	4	3	1	POTOMAC	\$1,100,000	Detached	3.37	20854	
9612 PINKNEY CT	3	3	1	POTOMAC	\$1,050,000	Detached	0.65	20854	
12500 PARK POTOMAC AVE #307N	2	2	1	POTOMAC	\$1,039,900	Hi-Rise 9+ Floors		20854	
11145 WILLOWBROOK DR	4	4	1	POTOMAC	\$990,000	Detached	0.39	20854	
12 GATE POST CT	4	3	1	POTOMAC	\$975,000	Townhouse	0.12	20854	
9433 TOBIN CIR	4	3	2	POTOMAC	\$967,000	Detached	0.46	20854	
9474 TURNBERRY DR	5	3	1	POTOMAC	\$965,000	Townhouse	0.09	20854	
9440 TOBIN CIR	6	3	2	POTOMAC	\$955,000	Detached	0.46	20854	
9113 COPENHAVER DR	5	4	1	POTOMAC	\$949,000	Detached	0.34	20854	
12012 PINEY GLEN LN	5	5	1	POTOMAC	\$915,000	Detached	2.03	20854	
9207 CAMBRIDGE MANOR CT	6	3	1	POTOMAC	\$895,000	Detached	1.12	20854	
7919 TURNCREST DR	3	3	1	POTOMAC	\$895,000	Townhouse	0.10	20854	
11125 HUNT CLUB DR	4	3	1	POTOMAC	\$890,000	Detached	0.24	20854	
8235 WINDSOR VIEW TER	4	2	3	POTOMAC	\$882,500	Detached	0.27	20854	
9441 TURNBERRY DR	3	2	3	POTOMAC	\$845,000	Townhouse	0.12	20854	
11108 LAMPLIGHTER LN	4	3	1	POTOMAC	\$770,000	Detached	0.23	20854	
8608 RED COAT LN	4	3	1	ROCKVILLE	\$762,750	Detached	0.25	20854	
11221 BEDFORDSHIRE AVE	4	2	2	POTOMAC	\$750,000	Detached	0.25	20854	
11828 GOYA DR	4	2	1	POTOMAC	\$738,000	Detached	0.25	20854	
2415 CHILHAM PL	6	3	0	POTOMAC	\$722,000	Detached	0.25	20854	
1894 MILBORO DR	5	3	0	POTOMAC	\$720,000	Detached	0.21	20854	
7841 ORACLE PL	4	3	2	POTOMAC	\$705,000	Townhouse	0.05	20854	
10211 CHAPEL RD	4	3	0	POTOMAC	\$700,000	Detached	0.56	20854	
8005 INSPECTION HOUSE RD	4	2	1	POTOMAC	\$679,270	Detached	0.31	20854	
11640 PARTRIDGE RUN LN	3	2	0	POTOMAC	\$640,000	Detached	3.07	20854	
11819 ENID DR	4	3	0	POTOMAC	\$640,000	Detached	0.23	20854	
3 RICHVIEW CT	4	2	1	POTOMAC	\$620,000	Detached	0.29	20854	
1 TRAILRIDGE CT	4	2	1	POTOMAC	\$615,000	Detached	0.42	20854	
11702 DEVILWOOD CT	5	3	0	POTOMAC	\$609,000	Detached	0.36	20854	
7838 HEATHERTON LN	3	3	1	POTOMAC	\$600,000	Townhouse	0.10	20854	
11614 MILBERN DR	4	2	1	ROCKVILLE	\$585,000	Detached	0.23	20854	
8302 JEB STUART RD	4	2	0	ROCKVILLE	\$568,000	Detached	0.27	20854	
8110 JEB STUART RD	5	3	0	POTOMAC	\$565,000	Detached	0.40	20854	
10891 DEBORAH DR	3	2	2	POTOMAC	\$507,000	Townhouse	0.05	20854	
8106 INVERNESS RIDGE RD	3	2	2	POTOMAC	\$498,500	Townhouse	0.06	20854	
1747 CRESTVIEW DR	5	3	1	POTOMAC	\$495,000	Detached	0.31	20854	
7550 CODDLE HARBOR LN	2	3	1	POTOMAC	\$490,000	Townhouse	0.05	20854	
7912 STABLE WAY #7912	2	1	0	POTOMAC	\$280,000	Other		20854	

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OPEN HOUSES IN POTOMAC JANUARY 12 & 13

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Bethesda (20817)

Bethesda..20817.....9413 Brooke Dr...\$1,950,000..Sun 2-4....Adaline Neely..Wash Fine Prop..301-580-2214

Bethesda..20817.....6519 Fallwind Ln...\$1,374,800..Sun 1-4.....Cindy Souza.....Long & Foster..301-493-9878

Bethesda..20817.....7513 Whittier Blvd.....\$749,000..Sun 1-4....Richard Oder.....Long & Foster..202-238-2893

Potomac (20854)

Potomac..20854.....11421 Twining Ln...\$1,299,000..Sun 1-4..Leslie Friedson.....Long & Foster..301-455-4506

Potomac..20854..6 Blueberry Ridge Ct.....\$729,500..Sun 1-4.....Nita Neri.....Weichert..703-893-1500

Rockville (20850)

Rockville..20850.....3 Eton Overlook.....\$775,000..Sun 1-4.....Marc Dosik.....Federal City..202-543-7283

For an Open House Listing Form, call Deb Funk at 703-778-9444 or e-mail debfunk@connectionnewspapers.com All listings due by Monday at 3 P.M.

LET'S TALK Real Estate



by Michael Matese
8 Steps to Success
in Home Staging

1. Stand in the doorway to look at each room
.....because this is just what your potential buyers will do. Try to disassociate yourself from the memories you have made here—those go with you to your next home. Right now, look at the room for what it is: just a room in the house. Take note of its features; you'll want to play those up later.

2. Make a plan and pick a focal point
Every room needs a focal point—whether you choose to make that focal point a fireplace, a bed, a sofa or a unique element of the room, like French doors or a Bay window, is up to you. Make sure that your focal point stands out, is clearly visible, and that all other elements of the room accent it.

3. De-Accessorize
While it's true, you want the rooms to look stylish, the key word here is minimalism. Your own home accessories should be packed away and out of view. Remember: you want prospective buyers to be thinking of this as their future home, not yours.

4. Decide what furniture leaves and how to arrange the furniture that stays
Like step #3, the key word here is minimal. Most rooms have too many pieces of furniture in them—the average living room only requires between 3-5 pieces of furniture, contingent on space available. If it's not a focal point of the room, or a piece of furniture that most people would have in a room, it's best to put it into storage until your move.

5. Re-Accessorize
Once you've completed step #3, de-accessorizing, choose no more than 3 classic or universally appealing home accents to add design flair to the rooms of your home. When accessorizing the rooms of your home for staging, keep in mind the famous advice of Coco Chanel: "Fashion is architecture: it is a matter of proportions."

6. Keep going back to the doorway; keep reassessing what you've done
One of the most overlooked parts of staging is the necessity of creating an open, airy feeling in the rooms. Don't lose sight of the fact that potential buyers won't be spending hours in rooms of the house—they're going to be wandering through them. Make sure that you've taken into consideration the things in your home that might impede a flow of walking through it, and take care to remove any obstacles and make any adjustments necessary to make a walk through the home fluid and easy.

7. Fine-tune it!
Make sure the rooms look clean and fresh—wipe down the walls, dust the blades of ceiling fans, sweep the floors and vacuum the carpets. Make sure the house smells clean, fresh and inviting, but not overwhelming.

8. Set the scene
Make sure that the lighting in each room is set to showcase the room to its best advantage. Pillar candles and votives, arranged tastefully, help set the scene for success.

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WELLBEING

Pilates for Men Potomac residents weigh in.

BY CAROLE FUNGER
THE ALMANAC

For years now Pilates has been a part of mainstream fitness for women. Now men are getting in on the act. In so doing, they are breaking barriers to traditionally held beliefs about men's training and gaining rock-hard abs as a result.

Though primarily associated with women, Pilates actually originated with a man, the German-born Joseph Pilates, who worked as a self-defense instructor in England in the early 1900s. During World War I, Pilates was interned as an "enemy alien" along with other German nationals. While at the detention camp, he worked at rehabilitating other detainees suffering from injuries, in the process developing a unique fitness program. Utilizing the items most readily available, Pilates created resistance-based equipment from hospital bedsprings and even beer keg rings for his bedridden patients.

After his release, Pilates returned to Germany where he continued to refine his fitness techniques, incorporating the resistance springs into the first Pilates equipment designs. Pilates' whole-body method became popular with the dance community, who added their own stamp to the practice, later becoming some of the first Pilates instructors.

According to CNBC, in 2010 Pilates ranked as the nation's fastest growing fitness trend, with 8.6 million participants and the number growing daily.

"When as a fitness trainer I first took a class three years ago I said, 'Wow! I need to teach this!'" said Ulrick Rosemond, a personal trainer and Pilates instructor at Potomac Pilates. "Pilates has made me a better trainer and achieved remarkable results for my clients. In some instances, as a result of its intensive full-body workout, my male clients have seen a complete elimination of their back pain."

While technically the Pilates method draws upon the same movements for men as for women, in practice there are some distinct differences. Men's fitness tends to



From left: Marc Marzullo, Paul Graham, Ulrick Rosemond, John Condon and John Miller.

focus more on scapular work and stabilization, with a heightened emphasis on abs, the emblem of the well-developed core. Strong core muscles are the hallmark of Pilates fitness, and can be especially beneficial to men, with the added perk of providing increased stability, balance and control. For men, "wrist-intensive" movements, such as push-ups and pike-ups performed on the Pilates reformer and chair, provide a total body workout, building upper body and core strength in one continuous motion.

This has been the experience of 60-year-old male enthusiast Marc Marzullo who confirms "Pilates is a very good diversion for a businessperson. It has been a great muscle builder and stress reliever. I sleep better and feel better."

Marzullo started out over a year ago in private sessions with Ulrick. He has since joined the men's group class. Marzullo's first few workouts began with Rosemond demanding how many consecutive push-ups he could do. Beginning every session with push-ups was

tough, but now with his increased core strength Marzullo easily knocks off 30, and that's just for starters. "I'm more toned now than when I used to do only weight-training at the gym," he added.

Case in point: a recent Saturday morning class at Potomac Pilates found Rosemond forewarning the men that if they dropped the Pilates ring (a part of the equipment) they would be dropping for 20 push-ups.

"Anything men can do at the gym they can do even better on the Pilates machine," said Rosemond. "It's an entire gym on one piece of equipment."

Spinal work and flexibility are two other areas of primary concern to men. Pilates workouts stress lots of spinal work, targeting the lower back and using the Pilates "box" to strengthen the large muscles that support the spine.

John Condon, 65, a member of the Saturday morning class, said, "Exactly one year ago I had L-4, L-3 lower back surgery. My Potomac doctor suggested I start Pilates classes 1-2 times a week for core strengthening. I have not had one instance of back pain since I started. I'm a believer."

Pilates for men includes added emphasis on stretching, particularly of the hamstrings and hip

flexors, areas of particular importance to men in preventing injury as well as increasing performance. According to Men's Fitness on-line magazine, lack of flexibility can increase risk for lower back pain and injury. An hour of mobility work once a week can make a difference. Pilates workouts achieve functional fitness, with the added benefit of making daily-life more manageable and enjoyable. Many men discover that after only a few sessions they have so much increased flexibility and range of motion that they are hooked.

Paul Graham, 43, another member of Saturday's class, comes to Pilates for just these reasons. "I come to Pilates for flexibility and to be able to run around with my kids," he said. Like the other participants, he appreciates Pilates' whole-body fitness techniques and the cross-training benefits it can provide for other forms of exercise and fitness.

Instructor Rosemond noted with satisfaction the growing core strength and flexibility of his class participants. "After a while as we age, joint problems can be an issue with excessive weight training. Pilates provides a nice cross-training alternative for men that is more efficient for the body," he said. "Pilates for men is here to stay."

ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos and artwork encouraged.

WEDNESDAY/JAN. 9

Performance. 1:30-3 p.m. at Roseborough Theatre, 409 Russell Ave., Gaithersburg. Encore Chorale will perform. Free. Visit encorecreativity.org or 201-261-5747.

THURSDAY/JAN. 10

Classes. 1:30-3 p.m. at Glen Echo Park, South Arcade, 7300 MacArthur Blvd., Bethesda. Perform with Encore Chorale. Free. Visit www.washingtonconservatory.org/html/classes_GEP.htm or 301-320-2770.

FRIDAY/JAN. 11

Fiddler's Feast. 8 p.m. at The Music Center at Strathmore 5301 Tuckerman Lane. Hear stars of the folk genre come together. Visit www.strathmore.org for tickets.

SATURDAY/JAN. 12

Music Performance. George Li, a 16-year-old pianist will perform Haydn, Beethoven and more at 7:30 p.m. at The Music Center at Strathmore 5301 Tuckerman Lane. Visit www.strathmore.org for tickets.

SUNDAY/JAN. 13

Washington Family Dance. 3-5 p.m. at the Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo. Music by Phillie's Peter Stix and Party of Three. \$5/person age 4 and older. No

experience necessary. Visit www.fsgw.org for more.

Figure Gesture and Drawing. 1 p.m. at VisArts, 155 Gibbs St., Rockville. Children in grades 3-5 will study basic shapes, angles and more while beginning to draw the human figure. \$100 for a four-week class. Visit www.visartsatrockville.org to register.

Opening Reception. 2-4 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. See the Strathmore Artists Juried Exhibition featuring local artists. Visit www.strathmore.org.

MONDAY/JAN. 14

Book Club. 8 p.m. at Beth Shalom Congregation, 11825 Seven Locks Road. Review "The Hare with the Amber Eyes" by Edmund de Waal. Debra Band will also present a slide show of illuminations from her book "Arise! Arise! Deborah, Ruth and Hannah." Free. E-mail Tanya at alamp9608@yahoo.com for information.

TUESDAY/JAN. 15

Mixed Media. 4 p.m. at VisArts, 155 Gibbs St., Rockville. Children in grades 3-5 can learn how to make mosaics, weaving, fused glass and more. \$60 for a five-week class. Visit www.visartsatrockville.org to register.

SATURDAY/JAN. 19

Recital. Pianist Brian Ganz will perform an all-Chopin recital with the National Philharmonic at 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Children are free, but must

be purchased by phone or in person. Visit nationalphilharmonic.org or 301-581-5100.

Dare to Draw. 9:30 a.m. at VisArts, 155 Gibbs St., Rockville. Children in grades K-2 can learn techniques on how to draw. \$75 for a six-week class. Visit www.visartsatrockville.org to register.

Dare to Draw. 11 a.m. at VisArts, 155 Gibbs St., Rockville. Children in grades 3-5 can learn techniques on how to draw. \$75 for a six-week class. Visit www.visartsatrockville.org to register.

Theater Performance. Bravo@KAT presents "The Music Man, Jr." at Olney Theatre, 2001 Olney Sandy Spring Road, Olney at 1 p.m., 4 p.m., and 7:30 p.m. Visit www.katonline.org for tickets.

SUNDAY/JAN. 20

Waltz Dance. Starts at 2:45 p.m. with a dance lesson. Social dancing goes until 6 p.m. at Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Features Karen Collins and the Backroads Band. \$10/perso. Visit www.waltztimedances.org or 301-634-2222.

Theater Performance. Bravo@KAT presents "The Music Man, Jr." at Olney Theatre, 2001 Olney Sandy Spring Road, Olney at 1 p.m., 4 p.m., and 7:30 p.m. Visit www.katonline.org for tickets.

FRIDAY/JAN. 25

A Cappella Music. Ladysmith Black Mambazo will perform at Music Center at Strathmore, 5301 Tuckerman Lane. \$25-\$65/person. Visit www.strathmore.org or 301-581-5100 for tickets.

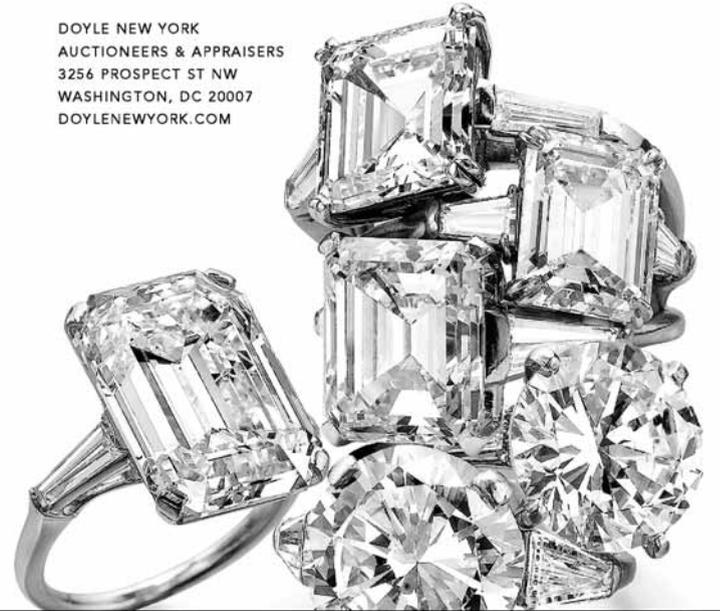
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Churchill Boys' Basketball Beats Wootton

The Churchill boys' basketball team improved to 7-3 with a 56-46 victory against Wootton on Jan. 4.

Dominique Williams led Churchill with 16 points and Bryant Wheatley added 11.

According to stats from the Washington Post's Web site, Justin Feldman led Wootton with 17 points and Richard Hum added eight.

Churchill has won six of the teams' last seven meetings with Wootton.

Churchill faced Richard Montgomery on Tuesday, after The Almanac's deadline. The Bulldogs will host Walter Johnson at 7 p.m. on Friday, Jan. 11.

Wootton faced Whitman on Tuesday, after The Almanac's deadline. The Patriots will travel to face Quince Orchard at 7 p.m. on Thursday, Jan. 10.

Churchill Girls' Basketball Beats Wootton

The Churchill girls' basketball team beat Wootton, 66-57, on Jan. 4.

According to stats from the Washington Post's Web site, Japria Karim-Duvall led Churchill with 16 points. Erica Lindsay scored 13 points, Nicole Brodowitz added 12, Shira Racoosin finished with nine points and Katie Jenkins scored eight.

Sheri Addison led Wootton with 16 points. Ellie Kobylski scored 15 and Cece Kobylski added 13.

Churchill took on Richard Montgomery on Tuesday, after The Almanac's deadline. The Bulldogs will travel to face Walter Johnson at 7 p.m. on Friday, Jan. 11.

Wootton faced Whitman on Tuesday, after The Almanac's deadline. The Patriots will host Bethesda-Chevy Chase at 7 p.m. on Friday, Jan. 11.

Whitman Girls' Basketball Wins Ninth in a Row

The Whitman girls' basketball team extended its winning streak to nine with a 48-33 victory against Bethesda-Chevy Chase on Jan. 3.

Maddie Cannon led Whitman with 12 points. Brittany Fleck scored 10 points for the Vikings and Dani Okon finished with nine.

Whitman has won nine straight after dropping its season opener to Poolesville on Dec. 6. The Vikings started 2013 with a 50-45 victory against Churchill on Jan. 2. Kim Durante led Whitman with 14 points, Avery Witt had 10 and Fleck added nine.

The Vikings faced Wootton on Tuesday, after The Almanac's deadline. Whitman will travel to face Richard Montgomery at 7 p.m. on Friday, Jan. 11.

Whitman Boys' Basketball Wins Fourth Straight

After a 1-5 start, the Whitman boys' basketball team earned its fourth consecutive victory, beating Bethesda-Chevy Chase, 55-48, on Jan. 3.

The Vikings played Wootton on Tuesday, after The Almanac's deadline. Whitman will host Richard Montgomery at 7 p.m. on Friday, Jan. 11.

Bullis Girls' Basketball Beats National Cathedral

The Bullis girls' basketball team improved to 7-2 with a 77-65 victory against National Cathedral on Jan. 5.

According to stats from the Washington Post's Web site, Brittany Jackson led Bullis with 18 points. Dazia Hall scored 17 points, Ashley DeLeonibus had 16 and Kirby Porter added 15.

Bullis is ranked No. 10 in the Post's top 20.

The Bulldogs faced Sidwell Friends on Tuesday, after The Almanac's deadline. Bullis will travel to face Riverdale Baptist at 7 p.m. on Friday, Jan. 11.

Bullis Boys' Basketball Gets Win No. 10

The Bullis boys' basketball team improved to 10-4 with a 70-53 victory against Archbishop Carroll on Jan. 4.

According to stats from the Washington Post's Web site, Jamaal Greenwood led Bullis with 20 points and Aaron Briggs



PHOTO BY HARVEY LEVINE/THE ALMANAC

Dominique Williams, seen earlier this season, led the Churchill boys' basketball team with 16 points during a win against Wootton on Jan. 4.

added 18.

day, Jan. 11.

Bullis faced St. Albans on Tuesday, after The Almanac's deadline. The Bulldogs will travel to face Episcopal at 7:30 p.m. on Fri-

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com.

THURSDAY/JAN. 10

Meeting. 12:30 p.m. An organizational meeting of Great Decisions Group, sponsored by Potomac Friends of the Library. Topics for 2013 include the Future of the Euro, Egypt, NATO and Iran. The Foreign Policy Institute workbook (\$20 a year) provides an article and thought provoking questions for the topic of the month. People interested in joining the group are invited to come to the meeting.

MONDAY/JAN. 14

Job Search Training for Seniors.

The Career Gateway is open to job seekers age 50 and over. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr., Rockville. February and March classes also are open for registration. Call 301-255-4215 or visit our website, www.AccessJCA.org.

Open House. Har Shalom's Early Childhood Education Center, 11510 Falls Road, is having an open house from 10 a.m.-noon. Visit www.harshalomecec.org or call 301-299-7087.

Montgomery County Civic

Federation Meeting. 7:45 p.m. at the County Council Office Building, 100 Maryland Ave., Rockville. Find out what Montgomery County is doing to attract and retain job-creating business and how it affects the public. Free. Visit www.montgomerycivic.org.

WEDNESDAY/JAN. 30

Open House. 8:30-10:30 a.m. at Our Lady of Mercy School, 9222 Kentsdale Drive. For parents of prospective students. 301-365-4477.

SATURDAY/FEB. 23

Mini-Conference. Montgomery County Master Gardeners is holding its conference at Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Enjoy a day-long event with workshops, door prizes, networking and more. Registration ends Feb. 15. \$50 or \$90/two people. E-mail mgminiconference@gmail.com.

ONGOING

Zumba at Village Yoga. An easy-to-follow, Latin-inspired, calorie-

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Beginner's Yoga Classes at Village Yoga. Village Yoga is adding a new Beginner's Yoga Class, Mondays, 8 p.m. Continues our Thursday, 7:30 p.m. Beginner's Gentle Flow class as well. 10154 River Road. 301-299-1948. Visit www.villageyogayogi.com.

Members Wanted. The Potomac Area Newcomers Club is a group of more than 200 women who have moved to the Potomac area. Visit www.potomacnewcomers.com

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PEOPLE



PHOTOS BY DEBBIE STEVENS/THE ALMANAC

Winter's Eve

Adventure Theater Music Theater participated in Glen Echo Park's Winter's Eve event last month.



Janet Wittenberg, artist, displays her work.

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PHOTOS BY DEBBIE STEVENS/THE ALMANAC

Nira Berry, chairperson of the Sharsheret National Advisory Board, speaks at a breast cancer awareness event at Beth Sholom Sisterhood in October.



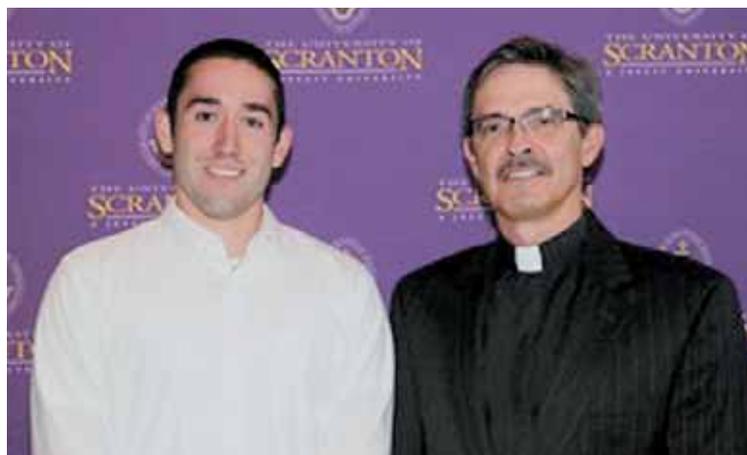
From left: Melissa Arking, Koranee Peppe and Anat Klewans make Judaica Art Creations at the Glass Ribbon Project which supports Sharsheret.

Presidential Scholar

Christopher Kilner, Potomac, is among the 19 incoming students at The University of Scranton awarded four-year, full-tuition Presidential Scholarships.

Presidential Scholarships are awarded to incoming freshmen at the Jesuit university with outstanding records in high school and notable community involvement. The scholarship covers four years of full tuition provided that the student maintains at least a 3.25 grade point average.

A National Merit Commended Scholar, Kilner graduated with the Don Smith History Award and The Jesuit Secondary Education Award from Gonzaga College High School, Washington, D.C. He received honors as a National AP Scholar and an AP Scholar with honor. In high school, he served



Christopher Kilner, left, who is among the 19 members of The University of Scranton's Class of 2016 to receive a full-tuition Presidential Scholarship, with University President Kevin P. Quinn, S.J.

as a retreat leader and also participated in the crew and swim teams. He is the founder and chairman of the Woape Foundation Corporation, a non-profit who aids Native American children. A bio-

chemistry, cell and molecular biology major, Kilner is a member of the University's Special Jesuit Liberal Arts Honors Program. He is the son of Mark and Maura Kilner.

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WELLBEING

"If It Ain't Broke..."

By KENNETH B. LOURIE



Today is a day I feel like writing – not merely one when I am looking forward to having written, but rather one when I am interested and motivated by the process. The situational gods have been aligned: I have time on my hands, an empty house with peace and quiet, and adult cats who are a sleeping and a kitten who is blissfully asleep (not always the case). Unfortunately, I don't have anything particularly insightful to "prose" about. But I will persevere, as the opportunity with which I've been presented rarely presents itself, and certainly not nearly as often as literary pursuits might require – for me, anyway.

Oddly enough, what I think I've found is, as a writer, prattling on about nothing – as I have in the first paragraph, is sort of an exercise in mind stretching (not futility) – akin to when athletes maneuver themselves into awkward-looking, pre-game warm-ups. The act of writing something, mildly coherent but not necessarily on any particular topic, sort of warms me and my synapses up as well and hopefully gets them firing on enough cylinders so that what words are eventually written are words worth reading. (No comments from the peanut gallery, please?)

I imagine you regular readers are probably wondering how I could possibly relate the content of these initial paragraphs to my stage IV, non-small cell lung cancer diagnosis (a fact with which you all are excruciatingly familiar), or if this week's column might possibly avoid the subject altogether – for once, as perhaps cancer-fatigue may have finally set in. After all, too much of a good thing can be too much, as it has often been said. Moreover, too much of a bad thing then (and being diagnosed with terminal cancer certainly qualifies as a "bad thing") can likewise be way more than "too much;" it can be, as my mother so often said about so many subjects/circumstances: "Enough already!" (I'm almost finished.)

The point of these "cancer columns," as I call them, is not to bring anybody down emotionally/make anybody miserable (least of all, me); in fact, there is no point. I'm simply telling a story – that I'm able to tell in a reasonably intelligent and unflinching way, about the trials and tribulations of being a lung cancer diagnosee, not because of who I am (hardly), but rather because of what I have. Cancer is a killer and since I've been fortunate to still be a "liver," – in spite of the odds, predictions, presumptions, statistics, etc., 45 months post-diagnosis, continuing these cancer columns weekly as I do, seems more like a success story than a failure. Ergo, writing about cancer reinforces to me all the positives – even while occasionally writing about the negatives, and the more positives I can infuse into my own life, the healthier I'll likely be. So please indulge my writing these cancer columns, as they have probably contributed to my above-average, better-than-expected, life expectancy. Given how much longer I've lived than my original prognosis: "13-months to two-years," I don't see any reason to stop now. My future is ahead of me, not behind me.

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



From left: Marcie Natan, Hadassah National President; Assaf Galay, Pollin's grandson in law; Hannah Pollin-Galay, Pollin's granddaughter who announced the gift, and Nancy Falchuk, past Hadassah National President.



PHOTOS CONTRIBUTED

Pollin's granddaughter, Hannah Pollin-Galay, announces the gift at Hadassah's centennial celebration in Jerusalem recently.

Sister to Sister Partners with Hadassah

Goal is to expand awareness of heart disease in women.

Expanding on her work in the Washington region and throughout the country to empower women to lead heart healthy lives, Irene Pollin of Bethesda has newly partnered her women's heart health foundation, Sister to Sister, with Hadassah. The two groups will raise awareness about heart disease in women through live screening programs and local education initiatives.



Irene Pollin

"The positive, influential way in which Sister to Sister empowers women to take charge of their health is truly remarkable," said Deborah Epstein, Sister to Sister board member and Potomac resident. "This new partnership is a major step forward in the organization's evolution, and I can't wait until we start seeing even more results. It's also just really great that a pioneer of the women's heart health movement lives and operates in our backyard."

More than 40,000 women to date have attended events held by Sister to Sister in the Washington metro region, 10,000 of whom received free cardiovascular screenings with immediate results, followed by counseling. Sister to Sister has also leveraged Washington's reach throughout the country and the world by screening and educating federal lawmakers and members of the international community that reside in the area. The group has held events on Capitol Hill to get members of Congress and their staff heart smart, at the World Bank for its first Global Workplace Wellness Program last year, and at Neiman Marcus, where the wives of 90 ambassadors came not to shop, but to get screened and learn about preventing heart disease.

Washington will remain a key area of focus for the new partnership to carry out its mission in the U.S. and Israel, according to

Pollin, who is Sister to Sister's founder and chairman, as well as the widow of philanthropist and former Washington Wizards and Capitals owner, Abe Pollin.

"Operating in the D.C. area is particularly critical for me, not just because of my deep connection to the community, but because it's a second home to so many key influencers in the U.S. and around the world," said Pollin. "When we share our message with these leaders and their staff, they take it back home and pass it on to countless others."

Altogether, Sister to Sister has screened more than 100,000 women across the U.S. for free and touched hundreds of thousands on top of that with the message that although heart disease is currently the leading killer of women, it doesn't have to be.

According to National President of Hadassah Marcie Natan, "Sister to Sister brings to the partnership tested content regarding heart care and prevention. Hadassah has a long history of providing materials, education and training around medical issues (e.g. genetic diseases, cancer testing and treatment). The collaboration provides a unique opportunity to build on both organizations' strengths to deliver the best in health care."

The partnership was announced in conjunction with a \$10 million gift being made to Hadassah Medical Organization by Pollin to establish the Linda Joy Pollin Cardiovascular Wellness Institute in Jerusalem. Named after Pollin's daughter, Linda Joy, who was born with a congenital heart condition that took her life at the age of 16, the Pollin Institute will be the primary vehicle for carrying out women's heart health programs on behalf of Hadassah and Sister to Sister in Jerusalem and the surrounding region. The two groups will be replicating and scaling up what Sister to Sister has been doing in Washington and throughout the U.S. since 1999.

"Since founding Sister to Sister, I have longed to find a place outside of the United States to establish a heart disease preven-



tion program geared toward women," Pollin said. "Partnering with Hadassah is an obvious extension of the work we've been doing, of the gimmick-free, prevention-focused work that has made Sister to Sister unique. Given Hadassah's 100 years of experience helping women of all backgrounds take better care of themselves, I could not think of a better way to reach out to our sisters across the globe than establishing the Linda Joy Pollin Institute at Hadassah Medical Organization in Jerusalem. Heart disease knows no boundaries, and neither will we."

The groups will also work to promote Smart for the Heart, a free, web-based cardiovascular wellness tool provides online heart health risk assessments along with recommendations and resources for making healthier lifestyle choices.

"Technology has afforded us the ability to reach every corner of the globe," Pollin said. "The medically-certified Smart for the Heart online wellness program is backed by Sister to Sister, Brigham and Women's Hospital, Harvard Medical School and now Hadassah. I'm thrilled that our lifesaving work will be amplified by Hadassah and the organization's vast reach and expertise."

Data shows that through relatively simple lifestyle changes, such as eating healthier, and getting more sleep and exercise, a woman can lower her risk of getting heart disease by as much as 82 percent. Pollin, who established Sister to Sister in 1999 after she learned that heart disease is the number one killer of women, hopes that people who are lucky enough to have been born with a healthy heart will take care of it.

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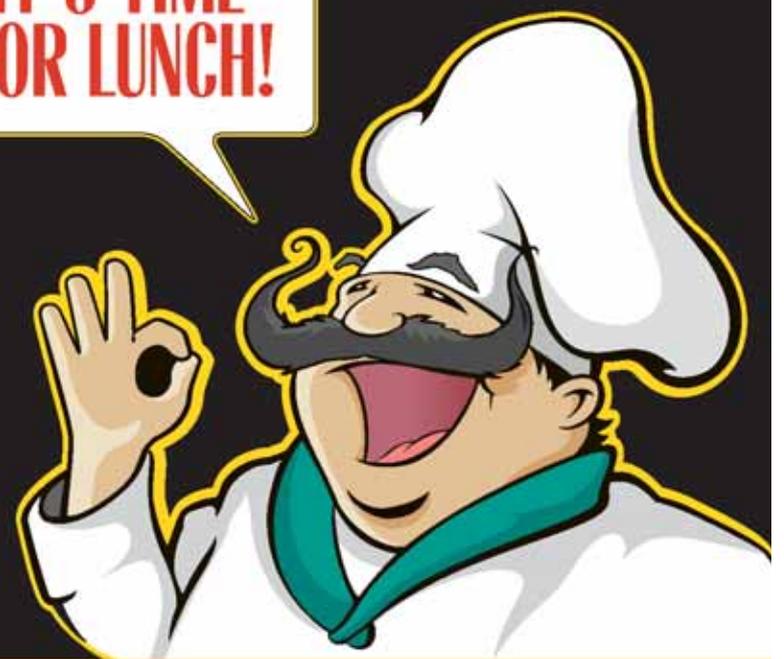
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