

Potomac ALMANAC

Riley and Bob Degenmis
enjoy the ice on the canal
on Sunday, Jan. 26.

Cool Ride

WINTER FUN, PAGE 3

Local Students Perform in
'Beauty and the Beast Jr.'

ENTERTAINMENT, PAGE 2

Eight Family Adventures
To Brighten Winter Days

WINTER FUN, PAGE 3

Local Students Perform in 'Beauty and the Beast Jr.'

Musical to be presented by Bravo@Kat.

BY SUSAN BELFORD
THE ALMANAC

Everyone loves the story and musical score of the whimsical "Beauty and the Beast" — the Tony award-winning Disney stage production that took Broadway by a storm in 1994. Based on the 1991 film of the same name, which was in turn adapted from the French fairy tale by Jeanne-Marie Le Prince de Beaumont, "Beauty and the Beast" tells the story of a prince who is transformed into a hideous beast as punishment for his cruel and selfish ways, and an adventurous young woman named Belle whom he imprisons in his castle. In order to become human again, the Beast must earn Belle's love before it's too late.

Bravo@Kat (Kensington Arts Theatre) will present this musical Jan. 31-Feb. 2, at the Randolph Road Theatre, 4010 Randolph Road, Silver Spring. The production will be performed at 7:30 p.m. on Friday, Jan. 31, at 1:30 p.m., 4 p.m. and 7:30 on Saturday, Feb. 1 and at 1:30 and 4 p.m. on Sunday, Feb. 2. Tickets are \$18 on-line and \$20 at the door.

Bravo@Kat is a local theatre program for



Belle (Leah Fox) receives an enchanted rose from her Beast (Ethan Miller).



Gaston (Sam Nasar) is surrounded by Silly Girls (from left) Mia Blackman, Lydia Levy, Jenna Prosen and Rachel Herman.

young artists - one that attracts talent from all around the D.C. metropolitan area. The cast is led by two Beasts - 15-year-old Zach Conneen, who will be appearing in episodes of "Modern Family" as a guest star, and Ethan Miller who will literally step from one stage to another when Signature Theatre's production of "Gypsy" closes the day before "Beauty and the Beast Jr." opens. Both performers are veterans of Bravo@Kat, and play opposite Marjorie Long and Leah Fox — two Belles. Ethan, Marjorie and nine other cast members are Potomac residents.

"Disney's well-deserved reputation for

quality family entertainment is what prompted Bravo@Kat to present a spectacular double cast of talent for six shows of "Beauty and the Beast Jr.," said Executive Producer Laurie Levy Issembert. "With a cast of 51 young artists, featuring students in grades 3-9 from all over the metropolitan area, award-winning Director/Choreographer Darnell Morris and Music Director Mayumi Baker Griffie have crafted a show whose message resonates with the creative sentimentality of the youthful cast. And, as always, Laurie Levy reaches out to include ingénues in grades 1 and 2 who are just 'breaking into the business.' They will be

the adorable teacups wishing you to 'Be Our Guest' at the cold late January performances when they will warm your heart and leave you bubbling with excitement."

Josie Weinberg, an 8th grade student at Herbert Hoover Middle School, said, "Beauty and the Beast is a classic show that I've loved since I was a little girl. The show teaches us that beauty isn't all that meets the eye and sometimes we have to look beneath the surface. Bringing the story we all know and cherish to life on stage is a wonderful experience. Performing with some of my best friends makes it even better. With this show I've been able to expand on my acting skills because I'm playing a character (Mrs. Potts) who is different from the usual roles I play."

Ethan Miller, also a student at Hoover Middle School, has been with Bravo@Kat since they began. He said, "I really enjoy working with the cast and directors of the show and have learned a lot. A lot of the cast have been in shows together in the past, and we really enjoy spending time together and bonding throughout the rehearsal process." Through her involvement with Bravo@Kat, 5th grader Anna Corbin has learned "how much work it takes to make a wonderful show."

The parents must also be committed to the program. "We couldn't do it without the support and volunteerism of the parents, grandparents and families," said Issembert.

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WINTER FUN

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

Eight Family Adventures To Brighten Winter

Some ideas for getting out of the house.

T BY SUSAN BELFORD
THE ALMANAC

he temperatures are chilling, the days are short and dreary, and the winter doldrums have set in. All the closets have been thoroughly cleaned. Too many cookies — for that waistline — have been baked. Even the children are frustrated with being home from school and activities for too many days.

Sick of wet boots, dirty floors and pulling on and stripping off snowsuits? Even the holiday computer games and toys have become tiresome. How to make it through these next few dreary months until spring brings sunshine and singing birds?

Here are some alternatives for turning winter days into special memories. These include ideas to get the couch potatoes off the sofa, options for sharing the beauty of a winter day with the family, and some fun activities that might not have been considered. So go for it. Bundle up with hats and mittens, head out of the house, and take advantage of these cold days with some new adventures.

EXPERIENCE the feeling of springtime when visiting the Natural History Museum's Butterfly Pavilion. Stroll among live butterflies and exotic plants in a warm, cozy greenhouse environment. Butterflies explode around you, landing on your heads, arms and shoulders. Just be certain not to take one with you when you leave. This tropical oasis offers visitors a rare opportu-



Youngsters play ice hockey.

PHOTO BY DEBORAH STEVENS/THE ALMANAC

nity to get close to a variety of living butterflies from all over the world. Open 10:15 a.m. – 5 p.m. Tickets may be purchased online before you visit: \$6 for adults, \$5 for children This Smithsonian Museum is

located at 1000 Constitution Avenue, Washington D.C.

VISIT the U.S. Botanic Garden to hike through a jungle, learn about the cacti of

the desert or to see beautiful orchids in bloom.

Located just steps for the U.S. Capitol, the

SEE SOME IDEAS. PAGE 4

Fun in Winter **No lack of activities — indoors and out.**

COMPILED BY KEN MOORE
THE ALMANAC

WATCH LOCAL THEATRE

Potomac Theatre Company Spring production of "Annie" in the Blair Family Center for the Arts at the Bullis School, 10601 Falls Road. Three weekends of performances, March 14 - 30, Friday and Saturday, 7:30 p.m., Sunday at 2 p.m. Call 301-299-8571. See www.potomactheatreco.org.

COOL WEEKEND OF JAZZ

The Mid-Atlantic Jazz Festival, annual event, Feb. 14-17. Hilton Washington D.C./Rockville Hotel and Executive Meeting Center, 1750 Rockville Pike, Rockville. The festival provides live musical performances, workshops and seminars. See www.midatlanticjazzfestival.org/.

WATCH HORSE SHOWS, INDOORS

Potomac Horse Center
WWW.CONNECTIONNEWSPAPERS.COM

14211 Quince Orchard Road, North Potomac, 20878

301-208-0200, www.potomachorse.com
Or sign up for lessons or trail rides.

Watch a horse show indoors:

❖ Feb. 9, National Capital Equestrian League Adult Show

❖ Feb. 14, Valentine's Jumper Schooling Show

❖ March 2, Potomac Horse Center Client Show

❖ March 28, Potomac Horse Center Evening Dressage Schooling Show

SKATE, PLAY HOCKEY

Cabin John Regional Park Ice Rink
10610 Westlake Drive, 301-765-8620
www.montgomeryparks.org
www.CabinJohnice.com

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12:30-2:30 p.m. Public Skate
4:30-6:15 p.m. \$5 Public Skate

Tuesdays 8:00-10 a.m. Cheapskate
10:15am-12:15 p.m. Adult Skate

12:30-2:30 p.m. Public Skate
4:30-6:15 p.m. Public Skate

8:15-10:15 p.m. Public Skate

Wednesdays 8:00-10 a.m. Public Skate
10:15-11:15 a.m. Parent & Tot Skate

10:30 am-12:30 p.m. Dance
12:30-2:30 p.m. Public Skate

4:30-6:15 p.m. \$5 Public Skate

Thursdays 8-10 a.m. Cheapskate
10:15am-12:15 p.m. Adult Skate

12:30-2:30 p.m. Public Skate
4:30-6:15 p.m. Public Skate

8:15-10:15 p.m. Adult Skate



PHOTO BY DEBBIE STEVENS/THE ALMANAC

The Potomac Horse Center provides riding lessons to hundreds of students, children and adults, each week.

SEE FUN THINGS. PAGE 4

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POTOMAC ALMANAC

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WINTER FUN

Ideas for Getting Out of the House

FROM PAGE 3

gardens offer a chance to learn more about plants and nature. Be sure to request the Family Field Journal to make your visit an educational and fun experience. If you have a child 9 or older, ask for a Junior Botanist kid's backpack of exploration. For more information see <http://www.usbg.gov/visit#sthash.PWjGAR1B.dpuf>. The gardens are located at 100 Maryland Ave SW, Washington D.C. Open from 10 a.m. to 5 p.m. Admission is free.

TAKE A HIKE while learning more about nature at the Locust Grove Nature Center.

Locust Grove offers quality programs featuring the natural and cultural history of Montgomery County and the surrounding region. Sign up for one of the hikes or educational programs for both children and adults. Some of their February programs include: Tot Time and Preschool "Hide and Seek" outdoor adventure programs, a Full Moon Family Hike, winter story time (includes a hike) and much more. For information, call 301-299-1990 or www.montgomeryparks.org/nature_centers/locust. Locust Grove Nature Center is located at



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

May and Kazue Torii at the canal on Sunday, Jan. 26.
7777 Democracy Blvd, Bethesda.

LEARN how to create a fun art project at the Art Explorers Family Art Studio at Glen Echo Park on Saturday morning from 10 a.m. - 12:30 p.m.

Have fun participating in art activities with your child or children 10 and under. No preregistration is required. The workshop is held each week in the historic Candy Corner and costs \$10 per child. Learn more about this creative Glen Echo program at: <http://www.pgip.org>.



Two friends, Rafe Pomerance (left) and Burr Gray, ex-hockey players, get together with an ice hockey puck on the canal.

GIVE your child the opportunity to experience a live stage production.

This area is rich in children's theater. Get tickets for the productions at Imagination Stage, the Kensington Arts Theater (BRAVO @ KAT), Adventure Theater, The Puppet Company, the Kennedy Center or the National Theatre for wonderful shows for children of all ages. Some of the delightful shows

that you can attend now are: "Beauty and the Beast, Jr." by BRAVO@KAT, "Rumpelstiltskin" at Imagination Stage, "Miss Nelson is Missing" at Adventure Theatre, "Tales of Beatrix Potter" at The Puppet Company, "Orphie and the Book of Heroes" as well as "Peter and the Wolf" at the Kennedy Center and Saturday morning programs for children at the National Theatre in D.C.

DON your mittens and hats and go ice skating — indoors or out.

There are lots of places to skate (or to learn to skate) in our area as well as in D.C. The National Gallery of Art Sculpture Garden is a particularly scenic D.C. winter experience. View magnificent works of sculpture while skating in the open air and enjoying music from the state-of-the-art sound system.

Cabin John Ice Arena in Cabin John Park offers indoor ice skating and lessons while the Rockville Town Center is outdoors and also provides lessons. And this winter for the first time in many years, the C&O Canal is frozen over — lace up your skates and enjoy the joys of skating on a natural pond (only with Park Ranger approval).

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Some Fun Things To Do in Winter

FROM PAGE 3

Fridays 8-10 a.m. Cheap skate
10:15-11:15am Parent & Tot Skate (except 2/14/14)
10:30 a.m.-12:30 p.m. Dance
12:30-2:30 p.m. Public Skate
4:30-6 p.m. Public Skate
8-10 p.m. Public Skate
Saturdays 12-2 p.m. Public Skate
4-6 p.m. Public Skate
8:30-10:30 p.m. Public Skate
Sundays 8:30-10 a.m. Public Skate
12:30-2:30 p.m. Family Skate
4:30-6:30 p.m. Public Skate

KNOW YOUR COMMUNITY CENTER

11315 Falls Road, Potomac, 240-777-6960

Potomac Community Center is Montgomery County's busiest community center, with open gym activities, arts and crafts, exercise classes, leisure classes, group support meetings and socials, senior adult activities, sports programs, summer camps, programs for individuals with disabilities, children's holiday parties, volunteer opportunities and more. Fa-



PHOTO BY MARY KIMM/THE ALMANAC
The Tavern at Great Falls in the C&O National Historical Park.

cilities include a gymnasium, exercise room, meeting rooms, art room, lounge area, community room and social hall. The outdoor area includes baseball fields and lighted basketball and tennis courts. The center offers table tennis, billiards and foosball, a gymnasium, weight room, social room, meeting rooms, and hundreds of classes through the Department of Recreation.



PHOTO BY HARVEY LEVINE

Potomac Theatre Company will perform "Annie" at the Bullis School in March. Pictured, cast of last year's production of "My Fair Lady," David Berkenbilt (Col. Pickering), Nan Muntzing (Mrs. Higgins), Phil McLeod (Freddy Gynsford-Hill), Mary Wakefield (Eliza Doolittle), and Ken Kemp (Henry Higgins).

ALL ARTS ON DECK

Glen Echo Park
7300 MacArthur Blvd., Glen Echo
www.glenechopark.org
301-634-2222

Originally a Chautauqua retreat, then an amusement park, Glen

Echo National Park now hosts a variety of arts, environmental and history programs. Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as

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WINTER FOOD

Cooking for the Cold

BY MARILYN CAMPBELL
THE ALMANAC

On a frigid winter day, you might find Chef Cary Prokos preparing chicken for a long soak in a red wine marinade for Coq au vin, standing over a cauldron of bouillabaisse to ensure that his scallops, rockfish and other seafoods are seasoned with hefty proportions of saffron and garlic to create a hearty soup. His goal is to create meals with enough brawn to stand-up to the ravenous, cold-weather induced appetites of the patrons at his Potomac restaurant, Normandie Farm.

Prokos and other local culinary experts say that it's possible to satisfy cold-weather taste buds that crave robust flavors at home as well. From root vegetables to lean meat, they say it's all about eating simply and seasonally.

When Prokos is at home, for example, his menu takes a still hearty, but more realistic turn. "My wife Margery and I are busy running the kids to sports practices, music lessons and other activities," said Prokos, a graduate of the Culinary Institute of America. "When we meet back at home for dinner, it has to be easy. We throw something like chicken — everything from legs and thighs to bone-in breasts — in the crockpot earlier

in the day and it's ready in the evening."

Prokos pours in chicken broth then tosses in chopped vegetables like celery, onions and carrots. Later, he adds orzo. The concoction, he says, is enhanced with an herb like thyme.

"People want food to be easy and choose food out of default rather than choosing something fabulous. So plan ahead," said Janet Zalman, president of the Zalman Nutrition Group. She recently created a winter meal plan for a Potomac client. A key piece of advice that she offered: "On a bitterly cold, dark night, don't eat a salad and expect to be satisfied."

Instead, she says, roast vegetables like cauliflower, Brussels sprouts and carrots. "Toss your vegetables with olive oil and herbs like thyme, basil or oregano," said Zalman. "Add a little garlic powder, just a touch of salt and roast them in the oven at 350 [degrees] for 45 minutes."

"If you don't like to come home from work and chop vegetables, buy them on Sunday and chop them," she continued. "Teach your children how to chop."

For those who crave a crunch, Zalman offers kale chips. "To make kale chips, spray them with olive oil, add garlic and just a drop of salt. Roast them in a 350 degree oven for 20 minutes."

WINTER is a time when Chef Kristen Robinson, an instructor at The International Culinary School at The Art Institute of Washington, takes on the ultimate slow food: cassoulet. With its origins in the South of France, this meat-studded, white bean-based stew can take hours or even days to make. Robinson, however, adds a healthier, speedier twist: "I cook the white beans and have them on hand," she said. "Then, when I want to make cassoulet, I heat them up with caramelized onions and roasted butternut squash and small pieces of kale and a nice piece of chicken."

Robinson also uses winter's readily available citrus. "Oranges, grapefruit, kumquats are in season now," she said. "A lot of people wonder what they can do with carrots. I roast them with balsamic vinegar, olive and orange peel. The orange peels seeps into the carrots and they develops an orange flavor, almost like orange juice on your carrots, but even better."

Vienna, Va., based Christine Wisniewski an instructor at Culinaria Cooking School says, "The moment the temperatures start to drop, I crave hearty food.

Local chefs suggest hearty, bone-sticking recipes.

It can be hard to satisfy that craving while keeping it healthy."

Soup makes frequent appearances on Wisniewski's dinner table during winter. "I try to make a pot or two of soup per week," she said. "They can be hearty and healthy. Seasonally you can add potatoes or sweet potatoes, hearty greens like kale, corn and white beans, kidney beans or garbanzo beans

for protein. You can have peak produce any time of the year with frozen vegetables."

FOR BULK and substance, Wisniewski suggests tossing in barley or farro.

Winter also is a time when Wisniewski recreates the comfort food staple: potpie.

"I am a huge fan of chicken pot

pie," she said. "I avoid the bottom crust and top it with home made biscuits. You can cut calories there." She also makes a light sauce for her potpies and avoids heavy cream.

"It is not a question that when you hunker down in cold weather that you crave heartier food," said Wisniewski. "It's just about keeping it delicious and healthy."

LET'S TALK Real Estate



by Michael Matese

Selling Your Home in a Slow Market

In today's market, Realtors® and sellers are paying more attention to the importance of "thinking outside the box". The real estate market of the 21st century is challenging and changing at the pace of technology—in other words, at warp speed! Gone are the days of simply popping a "For Sale" sign in the yard, creating an MLS listing and placing an advertisement in the Sunday papers. Though that's tradition—and those methods of home sale are certainly still necessary and vital—they're simply not enough to make your home distinct in the real estate market of today. Savvy Realtors® and sellers know that it takes more—much more—to successfully close on a home and maximize on the home's worth. Today's buyer is looking for more than just a place to hang their hat—they're looking for a property that reflects their lives, their values and their lifestyle. It's as much about where your grill will be during the summer months and what kind of garden you'll put in come springtime as it is about having four walls four walls and a roof. Home staging is a perfect jumping-off point. Most buyers can't imagine themselves in a space while it's full of the things that make your house a home—so step one in selling, especially in a slow market, is de-cluttering all the spaces and storing all the home decorations that make it look like "yours". Likewise, keeping the counters clear and the spaces clean and tidy make a world of difference. Next, have a Kodak moment with your house—glossy print magazines, social media and virtual tours are where most home buyers start looking. If they fall in love with a picture of your house, you've got a better chance of them making an offer once they see it in person. There's a number of ways to make the most of a slow market and sell your home for its maximum value—sit down with your Realtor® and start drawing up your plan for success!

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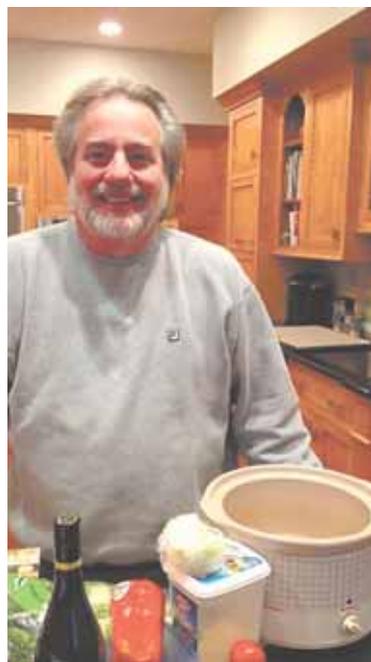


PHOTO COURTESY OF CARY PROKOS

Chef Cary Prokos of Normandie Farm Restaurant in Potomac creates elaborate and hearty meals for his patrons, but at home he keeps it simple and tasty by loading his crockpot with vegetables and herbs.

Singular Among Stores, Toys Unique To Close in March

Toy-buying changes with the times.

BY CAROLE FUNGER
THE ALMANAC

After 20 years in Potomac, the specialty toy store, Toys Unique, will be closing in March, leaving a hole in the hearts of area residents of all ages. Since it opened in 1994, the neighborhood shop has been supplying locals with a variety of high quality classic toys expertly selected by its owner and displayed in an old-time setting. Toys Unique is not just any business, but a nostalgic walk back in time to an era when toyshops still elicited a sense of joy and communities were formed around shaping childhood experiences of wonder.

Toys Unique is the brainchild of Jarunee Chantraparnik, known by all her long-standing customers as Ja-Roon-ee. She came to the Washington area from Bangkok, Thailand in the 1970s after completing her undergraduate studies on the West Coast. For many years she headed up a new technology

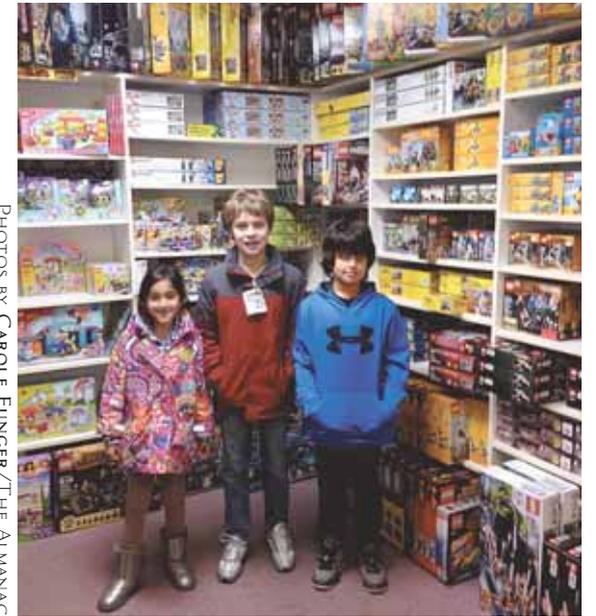
group for the former Riggs National Bank. Then, after a stint with the Montgomery County government where she was in charge of a computing information center, she decided it was time to try her hand at a new business venture. She ran into a friend of hers, the CEO of Mellon Bank at the time, and they talked about the fact that there was no toy store in Potomac Village.

Chantraparnik had previously helped a colleague in a toy shop and had some experience. She loved books of all sorts and was interested in providing a place where parents and children could find more discerning examples than were currently available at the big retail chains. She began looking in Potomac for a store to rent and soon after found a space she thought would be small enough for her to manage by herself.

She was 48 then, and not interested in carrying a lot of overhead. "You might say the move was a total departure from my former work environment," she said with



Jarunee Chantraparnik



PHOTOS BY CAROLE FUNGER/THE ALMANAC

Customers (from left) Teeda Izadi, Kyle Anderson-Boozer and Neeve Izadi in front of the Lego section.

a laugh. "Especially since I rarely carry anything computer-related in my store."

She leased the space on Falls Road in the Village and opened for business on March 15, 1994, naming her store Toys Unique to define her mission and pay homage to her major in French studies. Her first objective was to assemble a variety of quality products including toys, books, crafts, puzzles and hobbies that weren't readily available at the larger stores. She was saddened to find that many stores no longer carried hobby sets, though there still seemed to be strong demand for specialty items such as rocket parts among children and grown-ups alike.

"Grown children and parents love to reminisce about their younger days of shooting off rockets and things like that," she said, adding, "Toys, hobbies and projects need to be fun and in the process of playing with them, you learn something."

When it came to girls, she focused on offering crafts, dolls, dollhouses, puzzles and games, with the requisite number of trinkets, princesses and pink accessories thrown in to suit her customers' tastes. There were even a few Barbies. "I tried to cover everyone, from infants to older children," she said. For adolescents, she incorporated swimming pool bags, beach towels, headbands and bracelets, adding meticulously over the years to the growing inventory of items.

AFTER TWO DECADES spent working seven days a week, Chantraparnik built many long-term relationships with her customers. "There are so many stories I could tell," she said. She re-

called one of the first families to shop at her store, a young couple with four girls and one boy. They became so close over the years that she even attended their bar and bat-mitzvahs. "Part of running the store for me has been to watch the children grow up," she said. "I could write a book about it. It's a multi-layered experience."

Part of that experience is that it is not unusual for former clients, children, parents and grandparents to look her up at the store to share news of important events in their lives. Recently, a woman who Chantraparnik had not seen in years came in to announce she had just had her first grandchild. In another instance, a young man stopped by, accompanied by a young lady. He asked her, "Do you remember me?" Chantraparnik could immediately recall him by the type of things his mom (now a good friend) used to buy. She remembered that as a boy he loved listening to Jim Weiss' gospel music and wouldn't go to sleep without it. The boy, now grown, introduced her to his fiancée.

Chantraparnik's eyes watered over as she told the story of how an older child came into the store one day and handed her \$10. The child said, "When I was little and short on a dollar or so, you said it was OK. I've been meaning to stop by for years to repay you for your kindness."

OVER THE YEARS, Chantraparnik's customers have taken on an active role in shaping her collection. "They advise me on what to buy and they broaden my awareness as to what's on trend," she said. Take, for instance, the case of Yomega Yoyos, a leading

yoyo manufacturer, and all the rage with young boys. Many of her youngest customers pressed her to stock them, informing her they were the coolest things around. "I sold a lot of yoyos based on their very astute marketing advice," she said with a smile.

The Rainbow Loom, a kit that makes colorful rubber bands into bracelets, came highly recommended by her young female contingent. A tween-age girl and her mother encouraged Chantraparnik to look into the popular product, which at the time was available only on line. She ended up contacting the supplier and began selling the item in her store. The loom later went viral on the web, but not before Chantraparnik had stocked up on a generous supply. Come summer, thanks to her junior marketing advisors, she was uniquely positioned to take the lead on all summer camp purchases.

There was one rough period for the tiny store; that was the year Imaginarium, the Toys R Us subsidiary, opened across the street. Toys Unique struggled, but many customers stood behind the store and were very supportive. Ultimately, Imaginarium closed down. By focusing on her customers and making sure she meets their needs, Chantraparnik has been fortunate to maintain her business. Though she doesn't carry a large inventory, she tries to offer choices and value.

"We are a destination. We serve the community and neighborhoods. People know what the store carries and they know they'll be able to find most of what they need," she said.

Twenty years have seen a lot of

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WINTER FUN & ENTERTAINMENT

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

ONGOING

Art Exhibition. Classes are taught year-round for beginner, intermediate and advanced students. Fridays 10 a.m.-2 p.m., Saturdays 10 a.m.-4 p.m., and Sundays noon-4 p.m. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2273 or visit www.artglasscenteratglenecho.org.

Glassworks. Saturdays, 11 a.m.-4 p.m. Glassworks is the area's first glass school. Classes are taught year-round for both new and advanced students. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2280 or visit www.innervisionglassworks.com.

Photoworks. A resource for both student and professional photographers to develop their talents through classes, workshops, and exhibitions. Open Saturdays 1-4 p.m., Sundays 1-8 p.m., and during all scheduled classes and workshops. At Glen Echo Park, 7300 MacArthur Blvd. Call 301-634-2274 or visit www.glenechophotoworks.org.

Art Exhibit. See "so much depends" Jan. 10-Feb. 18 in Photoworks Gallery at Glen Echo, 7300 MacArthur Blvd. Photography by Gurujet Khalsa explores locations ranging from Belize to the Pacific Northwest. Hours are 1-4 p.m. on Saturdays and 1-8 p.m. on Sundays. Free. Visit www.glenechophotoworks.org or 301-634-2274.

Art Exhibit. See "Evidence of Civilization" Through Feb. 24 at Har Shalom, 11510 Falls Road. See photographs, paintings, ceramics and more. Free. 301-299-7087.

Theater Performance. See "Miss Nelson is Missing" at Adventure Theatre at Glen Echo Park, 7300 MacArthur Blvd. Based on the children's book "Miss Nelson is Missing" by Harry G. Allard, Jr. Through March 9. Tickets can be purchased at www.adventuretheatre-mtc.org or 301-634-2270.

Theater Performance. See "The Tales of Beatrix Potter" in the Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd. Performances are Thursdays and Fridays at 10 a.m. or 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Runs Jan. 17-Feb. 9. \$10. Visit www.thepuppetco.org or 301-634-5380.

Drop in Art Activities. Every Saturday from 9:30 a.m.-noon in the Candy Corner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit www.pgip.org for more.

Theater Performance. From Feb. 5-March 16, see "Rumpelstiltskin" at Imagination Stage, 4908 Auburn Ave., Bethesda. Showtimes are Saturdays and Sundays at 1:30 p.m. and 4 p.m. and are appropriate for children age 5-10. ASL interpreted performance on Feb. 23 at 4 p.m. Tickets start at \$10. Visit www.imaginationstage.org or 301-280-1660 for tickets.

Theater Performance. See "Inside Out" at Imagination Stage, 4908 Auburn Ave., Bethesda. Runs March 1-April 6. Performances are Tuesdays-Fridays at 10:30 a.m. and 11:45 a.m., and Saturdays-Sundays at 10 a.m. and 11:15 a.m. Interactive show is appropriate for children ages 1-5. Tickets are \$10-12 with a \$5 lap seat for children under 12 months. Tickets can be purchased at www.imaginationstage.org, at the box office or 301-280-1660.

THURSDAY/JAN. 30

Contra Techno Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. DJ Brian Hamshar will spin the music. \$8/adult; \$6/FSGW member, youth or student. Visit www.fsgw.org for more.

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Ballroom Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

FRIDAY/JAN. 31

Contra Dance. 7:30 p.m. lessons start; 8:30 -11:30 p.m. dancing at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. Sharktones provides music. \$10/adult; \$5/17 and under. Visit www.fridaynightdance.org for more.

SATURDAY/FEB. 1

Free Guided Tour. Noon-4 p.m. at Josiah Henson Park, 11420 Old Georgetown Road, North Bethesda. Take a free one-hour guided tour of the park and retrace the footsteps of Reverend Josiah Henson from his enslavement to his escape. Visit www.historyintheparks.org for more.

Music Performance. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Hear music by the Cezanne Piano Trio. Free. Donations accepted.

Swing Dance. 8 p.m.-midnight at Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Features music by Candy Kane. \$18. Visit www.glenechopark.org for more.

SUNDAY/FEB.2

Tiny Tots. 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Mother Goose Caboose," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit www.thepuppetco.org for tickets.

Waltz Dance. 2:45-6 p.m. in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd. Dance to live music by Karen Collins & the Blackroads Band. \$10. Visit www.waltztimedances.org for more.

Argentine Tango. 6:30-11 p.m. at Backroom Annex, 7300 MacArthur Blvd. DJ Rene Davila will mix the music. \$15/person; \$10/dance only. Visit www.glenechopark.org for more.

Contra Dance. 7 p.m. lessons start; 7:30 -10:30 p.m. dancing in the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. The Sharktones provides music. \$13/nonmember; \$10/member; \$5/age 17 and under. Visit www.glenechopark.org for more.

WEDNESDAY/FEB. 5

Tiny Tots. 10 a.m. at The Puppet Co. Playhouse at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. See "Teddy Bear's Picnic," suitable for children up to 4 years. Shows are 30 minutes. \$5/person. Visit www.thepuppetco.org for tickets.

THURSDAY/FEB. 6

Olympic Skate. 4:30-6:15 p.m. at Cabin John Ice Rink, 10610 Westlake Drive, Rockville. Enjoy skating, raffles, games, specials and more. \$6.50 includes skate rental. Visit www.cabinjohnice.com for more.

Blues Dance. 8:15 p.m. lessons start, dancing from 9-11:30 p.m. in the Back Room Annex, 7300 MacArthur Blvd., Glen Echo. \$8. Capital Blues presents the dances. Visit www.capitalblues.org for more.

Fun Things To Do in Winter

FROM PAGE 4

in dance, writing and music. Dancing in the Spanish Ballroom is a popular social event.

Also at Glen Echo, Adventure Theatre (adventuretheatre-mtc.org, 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse (www.thepuppetco.org, 301-634-5380) offers shows as well as was for children to be involved.

CELEBRATE CHINESE NEW YEAR

Chinese New Year is Friday, Jan. 31, 2014 and is the year of the Horse. Exhibits and weekend events at Lake Forest Mall Jan. 27- Feb. 9, www.visitshoplakeforest.com

VISIT THE RIVER CENTER

Potomac Conservancy's River Center at Lock 8, 7906 Riverside Drive, www.potomac.org

Off Clara Barton Parkway between Cabin John and Carderock exits

Potomac Conservancy operates environmental awareness programs out of Lockhouse 8 along the C&O Canal.

Canal Stewards Cleanup, Saturday, Feb. 8, and Sunday, March 9, 2014, 10 a.m. to noon; This cleanup event is part of the Canal Steward Program, engaging volunteers to be caretakers of a site within the C&O Canal National Historical Park. Call 301-608-1188 ext. 215.

EXPLORE WINTER NATURE

Locust Grove Nature Center
Cabin John Regional Park, 7777 Democracy Boulevard, 301-765-8660, www.locustgrovenature.org
Locust Groves offers a variety of nature activities, indoors and outdoors, throughout the winter and rest of the year.

VISIT GREAT FALLS

Great Falls Tavern Visitor Center
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www.nps.gov/choh/planyourvisit/greatfallstavernvisitorcenter.htm

The Historic Great Falls Tavern has stood at Lock 20 on the C&O Canal since 1831, and now serves as the visitor center at the Great Falls section of the park. Soon after the canal's ground breaking in 1828 construction began on the original lockhouse. In response to travelers' requests for shelter and a meal, the locktender here at Great Falls, W.W. Fenlon, asked the Canal Company to build the three-story north wing for a hotel, which opened in 1831. As the inn's first proprietor Mr. Fenlon presided over lively entertainment like fishing parties, dances and social events in the "ballroom," in addition to good diners and a place to sleep.

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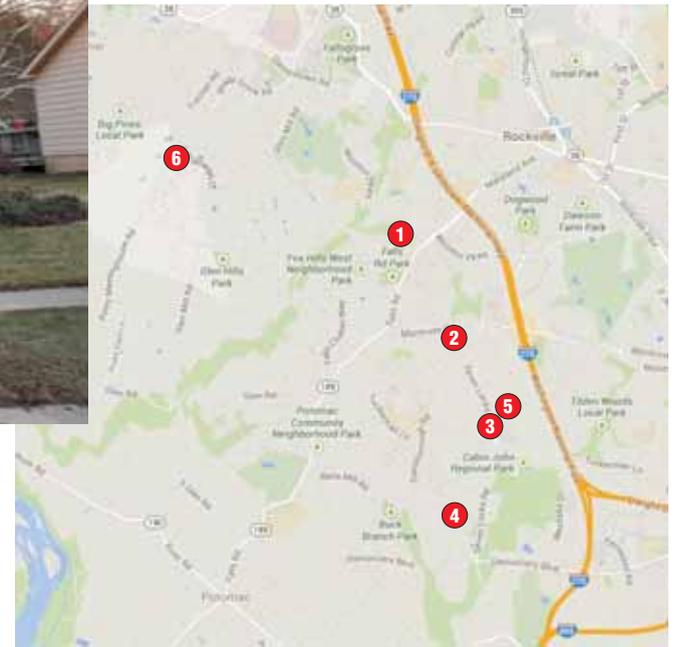
PHOTOS BY DEB STEVENS/THE ALMANAC

Sales in November, 2013, \$400s~\$600s

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1 1735 Glastonberry Road — \$690,000



© Google Map data



2 8109 Whites Ford Way — \$661,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 1735 GLASTONBERRY RD	5	3	1	ROCKVILLE	\$690,000	Detached	0.18	20854	HORIZON HILL	11/22/13
2 8109 WHITES FORD WAY	4	3	0	POTOMAC	\$661,000	Detached	0.21	20854	REGENT PARK	11/22/13
3 7832 HEATHERTON LN	3	2	2	POTOMAC	\$565,000	Townhouse	0.05	20854	INVERNESS KNOLLS	11/18/13
4 8178 INVERNESS RIDGE RD	3	2	2	POTOMAC	\$529,000	Attach/Row Hse	0.06	20854	INVERNESS FOREST TH	11/12/13
5 7705 HEATHERTON LN	3	3	1	ROCKVILLE	\$516,500	Townhouse	0.05	20854	INVERNESS KNOLLS	11/04/13
6 13616 HAYWORTH DR	3	3	1	POTOMAC	\$490,000	Townhouse	0.04	20854	PINEY GLEN VILLAGE	11/15/13

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3 7832 Heatherton Lane — \$565,000



4 8178 Inverness Ridge Road — \$529,000



5 7705 Heatherton Lane — \$516,500



6 13616 Hayworth Drive — \$490,000

PEOPLE



60th Wedding Anniversary For Peter and Grace Kimm

Peter and Grace Kimm of Potomac were married on Jan. 23, 1954 at Good Shepherd Church in Brooklyn, N.Y.



Peter and Grace Kimm celebrated their 60th wedding anniversary at the Restaurant at Patowmack Farm in Lovettsville, Va. on Saturday, Jan. 18, 2014. Pictured: Grace and Peter Kimm, Emily Smith, Christopher Kimm, Virginia Fowler, Mary Kimm and Ken Moore.



PHOTO BY KATIE STOOPS/KATIE STOOPS PHOTOGRAPHY

O'Dell, Fossen Wed

Emily Jo O'Dell and Andrew George Fossen were united in marriage on Saturday, June 1, 2013 at four o'clock in the afternoon at All Saints Church in Chevy Chase, Md. The ceremony was officiated by The Rev. Dean Miller of The Falls Church Anglican. Dinner and dancing immediately followed at Old Angler's Inn in Potomac with entertainment provided by the Doc Dikeman Big Band. Following their honeymoon in Europe, the couple resides in Falls Church.

Toy-buying Changes with the Times

FROM PAGE 6

changes occur since she arrived. "We are missing retail stores and pushing people away to the shopping malls," she said. She remembers gift shops, a children's clothing store and a "charming book store," among other Potomac Village shops that have long since disappeared. She noted that the steep overhead makes it hard for small businesses to survive.

"Toys Unique is I, me and myself, seven days a week," she said.

These days, Chantraparnik sees several major factors shaping trends in the market for toys. First, today's parents have different purchasing habits, preferring mainly to shop on-line in lieu of going to stores. Second, children are shopping on the Internet, too, and they are choosing different types of toys than they used to. She observed, for instance, that when her store first opened, boys adored model trains sets and cars. Nowadays they are rarely interested. Kits also have disappeared almost entirely. Assembling pieces of track or building ship models no longer seems attractive. "Some things

never change, though," she added on a more positive note. "For instance, boys ages 2-4 still love individual wooden trains and Thomas the Tank. And Lego building blocks is a brilliant invention that will never go out of style."

Girls on the other hand, are still very much interested in crafts and projects as well as making things. Chantraparnik sees all these choices as partly to do with family influences. "In my opinion, it is important to encourage setting aside one day a week for a family game," she said. "Some of my customers are currently doing that. A board game that everyone can play enhances participation in the family." She sees this as especially important in an era when children are more into electronics, which is an activity primarily focused on the individual. "There are great alternatives on the web, too, she said. "The key is to make all options work together so children get to use all parts of their brains."

With March fast approaching, Chantraparnik looks forward to slowing down a little after working so hard for so many years. She plans to spend more time in her

garden (photos of which are tucked behind some toys on the wall) and enjoying a good cup of tea. Perhaps most excited of all about her retirement is her husband, a retired executive with Sodexo. Over the years he has never failed to lend a hand at the store when needed and to drive her to and from work seven days a week for two decades. "He is perhaps the happiest of all," she

said with a laugh.

The sale is currently scheduled to begin the last three weeks in February, starting Feb. 6 or 7.

Chantraparnik will also be donating toys to various organizations, including the Children's Inn at NIH. Toys Unique is located at 9812 Falls Road in Potomac. Call 301-983-3160 for hours of operation or stop by and to say goodbye to a venerable Potomac institution.

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-Werner Heisenberg

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-Dagobert Runes

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SPORTS

Confused and then Infused



By KENNETH B. LOURIE

Since March 6, 2009, nearly five years now, save for nine months when I was taking an oral chemotherapy medication at home, every three weeks I have been infused with some sort of chemotherapy drug. In that time, I have certainly become familiar and fairly well-known to the various staff at The Infusion Center. What follows is the most recent exchange with the receptionist in Oncology, as best as I can recall it.

Receptionist: "Hello, Mr. Lourie. How are you?"

Me: "Lovely. Happy to be here."

Receptionist: "That's nice."

Me: "Actually, I'm not happy to be here. I mean I'd rather not be here. But since I'm here, it's better that I'm here than not here, as in unable to get here because I'm not here anymore."

Receptionist: "I understand."

Me: "Really? Because I'm not sure I understand. I know what I'm thinking, but...What I mean to say is that I don't want to be coming here to the Infusion Center, because that means I'm being treated for cancer. But if I do have cancer, I guess I'm happy to be still alive, in order to be able to get here for treatment."

Receptionist: "I understand."

Me: "I think I'm confused. I don't want to be coming here because I have cancer. I'd rather not be coming here at all. But since I have cancer, I suppose I'm glad I'm able to still get here. I think I'm going around in circles."

Receptionist: "No, you're fine. I understand completely."

Me: "Really. 'Cause I'm not sure I do. It seems like I'm talking to myself, repeating myself. I'm a writer and often I use double-entendres in my column, which seems sort of what I'm doing here. Although I'm not intending it. I was more realizing/thinking aloud as to why I was here, whether I wanted to be here and the reasons why I was fortunate – so to speak, to even still be here and/or how unfortunate I was to be here being treated for terminal lung cancer – as opposed to being healthy and not needing to be here. I feel as if I'm rambling here. Am I making any sense?"

Receptionist: "Not to worry. (Smiling, laughing.) I do understand exactly what you're saying."

Me: "I'm not sure I do. Maybe I should just stop talking and sit down and wait for Ron (my oncology nurse) to come and get me."

Receptionist: "Ron's running late. He's stuck in traffic. He'll be here soon."

Me (to myself): Great (chagrined.) I suppose I should probably stop pacing then and just sit down and try to relax. I'm here. I'm checked in. Besides, I have to be ready for my blood pressure check. If my vitals (and/or lab results, appearance, etc.) are not normal, protocols will prevent any infusion today (which has happened to me twice; very disappointing, especially considering that you think your life depends on receiving the treatment that day). If the patient doesn't pass muster, however, the oncology nurse has no choice: there will be, to invoke the "Soup Nazi" from "Seinfeld": "No chemo for you."

Fortunately, for this infusion, I have once again managed to "Pass the audition," as John Lennon so famously joked at the end of the live roof-top version of The Beatles' song "Get Back" at the end of the "Let It Be" album.

Life goes on though – for me, thank God!, despite my confusion. Thanks to the staff for continuing to take me in stride.

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

Hatch, Meyers Spark Vikings

Sophomore, freshman lead Whitman girls' basketball to win.

By JON ROETMAN
THE ALMANAC

Quince Orchard, a team with a 1-12 record, was within striking distance in the third quarter when a pair of Whitman youngsters decided to put the game away.

First, it was sophomore guard Marie Hatch scoring three consecutive buckets for the Vikings. Later in the period, freshman guard Abby Meyers knocked down a 3-pointer from the corner.

Hatch scored and was fouled early in the fourth quarter. She converted the three-point play to give Whitman a 14-point advantage. Meyers scored less than 30 seconds later and Hatch followed with a 3-pointer, giving the Vikings a commanding lead.

The Whitman girls' basketball team defeated Quince Orchard 60-32 on Jan. 23. Hatch finished with 15 points and Meyers added 14, accounting for nearly half of Whitman's points. The Vikings extended their winning streak to 11 games and improved their record to 12-2, with their only losses coming against private schools Good Counsel and Bishop McNamara.

Whitman beat Gaithersburg for the 4A West region championship last season before losing by one point to Baltimore Polytechnic in the state semifinals. The Vikings have five seniors and three juniors on their roster. Lately, however, a sophomore who missed significant time last season with a shoulder injury and a lanky freshman who is all knees and elbows running down the court have powered Whitman's offense.

Hatch's talent was evident last season, but she missed two-thirds of her freshman campaign with an injury to her left, non-shooting shoulder. When she was on the court, Hatch held back, deferring to her elder teammates. She re-injured her left shoulder during the spring and was forced to sit out after undergoing surgery.

"For [Hatch]," Whitman head coach Pete Kenah said, "... we had to ask her to do more on offense because she would defer."

This season, Hatch has been more aggressive with the ball in her hands. While her perimeter shot isn't where it was a year ago, the 5-foot-10 Hatch is attacking the basket and said she's improved with her left hand due to physical therapy.

"I think being a freshman, I didn't want to overstep my boundaries or anything," Hatch said. "I felt like I should just stay back."

Meyers has taken a different approach. The 5-foot-9 freshman drives to the rim in an aggressive manor and doesn't shy away from contact on the floor.

"With her, it proves [being] aggressive is

PHOTOS BY HARVEY LEVINE/THE ALMANAC



Freshman guard Abby Meyers is one of the Whitman girls' basketball team's top offensive threats.



Whitman girls' basketball coach Pete Kenah said Marie Hatch is more aggressive as a sophomore than she was as a freshman.

just a lot better," Hatch said. "As time went on, I've just gotten more aggressive and realized it's just overall better for the team."

Meyers scored six second-quarter points against Quince Orchard while driving to the rim.

"That has nothing to do with coaching," Kenah said. "She absolutely always had that. ... Abby's fearless. She's a warrior and she really gets after it."

Meyers said a competitive family environment helped mold her mentality on the court.

"When I was young, I loved fighting with my sisters," Meyers said. "I was very aggressive. I was called 'Muscles' in my family. ... It's always fighting in our house over specific things. I guess [that's where] I get that aggressiveness."

Through 14 games, Hatch is averaging 10.5 points per contest. Meyers is averaging 6.6, but scored in double figures in three of Whitman's last four games, including a 15-point effort against Blair on Jan. 10. While each player is talented, Kenah said the attitude of the older Vikings helps create a successful environment.

"It says a lot about the upperclassmen that

they're willing to defer," Kenah said. "It's OK not getting the spotlight. There's nights where it's not Marie and Abby's night and they're really happy for the upperclassmen. We put a lot of time and effort into team chemistry and I think it says a lot that they can be OK. I think those two combined for 29 [against Quince Orchard]. People were sharing the ball and they wanted them to do well."

Whitman faced Poolesville on Tuesday, after The Almanac's deadline. The Vikings will host Churchill at 7 p.m. on Tuesday, Feb. 4. If Whitman is going to return to the state tournament, Hatch and Meyers will likely have significant roles in the Vikings' journey. While they're light on varsity experience, don't expect either to play — or answer a reporter's questions — like youngsters.

"We're definitely hoping for states, but right now we have a lot to work on," Hatch said. "We've won a lot of games but we still have a lot to improve on. Some of the games ... we should have played better and we just managed to get away with a win, so we need to go back and keep practicing hard."

Winter Fun: Getting Out of the House

FROM PAGE 4

TAKE your tots to the Cabin John Kids Shows on the first and third Friday of every month.

Cabin John Mall hosts educational and interesting shows for the pre-school set every other Friday from 10:30 – 11:30. Bring your child to see Lucky Stars Puppets, Kidsinger Jim, Rocknoceros, Shake your Sillies with Tracey Eldridge and more fun shows. After the show, have lunch in one of the many restaurants or

treat your child to yummy yogurt at Orange Leaf Yogurt. For information, go to www.shopcabinjohn.com.

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