

Potomac ALMANAC

Volunteers working at Cabin John Park Volunteer Fire Department's Christmas Tree sale include (from left) Elisabeth Kan, Coley O'Brien, Rachel Bojarski, Shane Andersen and Zach Ebaugh. Located at the corner of Seven Locks and River Roads, it offers an assortment of Douglas Fir trees, roping and wreaths, with tree heights ranging from 5 - 12 feet.

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PHOTO BY DEBORAH STEVENS/THE ALMANAC

NEWS

Market at River Falls To Open

McWorter, Abadian to oversee business.

BY SUSAN BELFORD
THE ALMANAC

Potomac residents James McWorter and Yasmin Abadian will be opening The Market at River Falls this month in the space vacated by the River Falls Seafood Market.

"We are focused on providing great customer service and delivering top quality fruits, vegetables, seafood and meat to our customers. We want to be the best we can be," McWorter said.

McWorter has 37 years of experience in the food business. He co-founded L&M Produce in 1979 and sold it in 2007 to Coastal Sunbelt Produce, where he now works as vice president of sales. His resume includes serving as a partner/investor in restaurants such as the DC Brau Brewing Company, Brookland Pint, Fruitive Juice Bar and & Pizza. McWorter is a long-term member of the Restaurant Association of Metropolitan Washington.

Abadian, who grew up in Potomac and graduated from Winston Churchill High School, is a Realtor for Long and Foster Real Estate. "We are planning to keep the market much as it has been, although slowly adding more organic foods, artisan, fresh-farm and sustainable items," she said. "We also want to provide more foods for gluten-free and dairy free diets as well as vegan and vegetarian."



PHOTO CONTRIBUTED

Yasmin Abadian and James McWorter will be opening The Market at River Falls this month.

Abadian is an active resident of Potomac. She is a member of the Potomac Chamber of Commerce and has sponsored Potomac Days and the Taste of Potomac. "I'm thrilled that we have the opportunity to give back to Potomac — the place where I grew up and where we have raised our family," she said.

Both Abadian and McWorter will remain in their career fields, but will provide the strategic planning and overseeing the business. "Our timing for opening depends on Montgomery County approving our licenses," Abadian said. "We have been very pleased with Zuckerman-Gravelly Management who manage and lease the Potomac Place Shopping Center. They have been extremely welcoming and helpful to us."

SEE MARKET, PAGE 10

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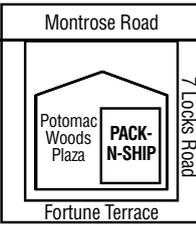
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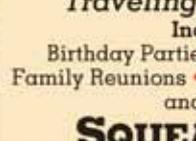
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HOLIDAY GUIDE

POTOMAC ALMANAC EDITOR STEVEN MAUREN
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Gilmore's Light Ensemble entertains the crowd at Great Falls Tavern on Sunday, Dec. 7.



The crowd enjoys the music.

PHOTOS BY SUSAN BELFORD/THE ALMANAC

Holiday Cheer at Great Falls Tavern

Gilmore's Light Ensemble recreates Civil War-era music.

BY SUSAN BELFORD
THE ALMANAC

The sounds of 19th century dulcimer music filled the Great Falls Tavern on a sunny, temperate Sunday, Dec. 7. Hikers, cyclists, walkers, passers-by and families gathered to hear the seasonal tunes played by Gilmore's Light Ensemble – a group of authentically-dressed musicians who entertained with the music of long-ago as well as holiday songs and an invitation to “Sing-along.”

Every year, the Friends of Historic Great Falls Tavern facilitates the holiday concert at the Historic Great Falls Tavern at the C&O National Park in December to celebrate the holiday season with joy and music. Volunteers dress in period outfits, welcome guests, lead the singing and serve cookies and hot cider. The Civil War music group,

Gilmore's Light Ensemble, recreates through music the atmosphere and ambience that existed during the 19th century. Their instruments consist of a hammered dulcimer, accordion and banjo, all replicas of instruments from that period. The music included a variety of early American folk music along with Christmas carols. The group was led by Stephen Adamski on the banjo and included Ellen Jimerson on the dulcimer. They were accompanied by guest singer Jill Worley.

Adamski invited everyone to dance, explaining that “Jeb Stuart would often stop by when groups were entertaining – and people would get up and dance. It was exciting seeing the hoop skirts flying around. They played popular tunes such as ‘Fanny Power’ and the ‘Rose of Alabama.’ Songwriters made their living by traveling around and writing songs about local people.”

The group also played a number of Christmas Carols including “Good King Wenceslaus,” “Deck the Halls,” “I Saw Three Ships A’Sailing,” and more.

Don Harrison, president of the Friends of the Historic Great Falls Tavern, said, “We

hold this event every year to bring people out to the park and to entertain those who are here. It's a very pleasant afternoon that puts everyone in a wonderful holiday spirit.”

The Friends of the Historic Great Falls Tavern was founded in 1973 as a non-profit dedicated to the preservation of the Great Falls Tavern.

The Friends also support projects such as raising funds for the construction of the replica packet boat, the “Charles F. Mercer,” purchasing the mules (Dolly and Eva) who pull the Mercer on the canal boat rides, maintaining the Tavern's infrastructure, planting flowers and plants and supporting other National Park Service partners along the length of the C&O Canal. They also hold a number of social events.

Park Ranger Mark Myers (nicknamed Possum) has served as a ranger at the C&O for 20 years.

“This event is one of my favorites throughout the years,” he said. “This group of musicians really brings back the history of the park and how it must have been during another era.”

Myers is in charge of decorating the Tavern for Christmas every year.



Friends of Historic Great Falls Tavern volunteer Joan Paul leads the group in singing Christmas Carols.



Volunteer Karen Harrison stirs the hot cider.



Singer Jill Worley leads the group in Christmas Carols.



Ellen Jimerson plays the dulcimer.

POTOMAC ALMANAC

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OPINION

Make a Plan, Talk About It

Here is help in
keeping impaired
drivers off the roads.

The holiday party season is upon us, and with it an increase in drinking and driving. It's up to you to make a plan to get home safely.

Plan to bring a designated driver. Plan to take public transportation. Plan to celebrate at home or someplace where you can spend the night. Plan to abstain.

And if all of that fails, the Washington Regional Alcohol Project has a safety net for you.

WRAP, a local nonprofit organization, will offer free cab rides to would-be drunk drivers throughout Northern Virginia during the winter holidays.

More than 10,000 people died in drunk driving related accidents in 2012, including more than 200 in Virginia and 160 in Maryland. Tens

of thousands more were injured. Holidays lead to an increase in impaired driving, the Christmas and New Year season in particular.

The annual Holiday SoberRide program will operate nightly from 10 p.m. to 6 a.m. starting Friday, Dec. 12, 2014, and continuing until Thursday, Jan. 1, 2015 as a way to keep local roads safe from impaired drivers during this traditionally high-risk, holiday period.

During these times, area residents celebrating with alcohol can call the toll-free SoberRide phone number 1-800-200-TAXI for a no-cost (up to \$30 fare), safe way home. Callers will be responsible for fare amounts over \$30.

Since 1993, WRAP's SoberRide program has provided more than 61,000 free cab rides home to would-be drunk drivers in the Greater Washington area.

We know that many young people over 21 are living at home with parents, or will be visiting for the holidays. Parents, be brave. Have a conversation with your children whether they are under or over 21. Be sure those over 21 have a plan, and are equipped with the

Safe Ride Home

WRAP's 2014 Holiday SoberRide program will be offered from 10 p.m. to 6 a.m. nightly from Dec. 12, 2014 to Jan. 1, 2015. To receive a free cab ride home (up to a \$30 fare), call 800-200-8294 (TAXI). See SoberRide.com information listed below for important details concerning this program.

SoberRide number.

SoberRide is not available for underage drinkers, but parents still should talk to their children about their plans, and tell them out loud that you expect them not to drive impaired and not to get into a car with an impaired driver.

Tell them to call you, and you'll come get them if necessary. The news has been full of teachable moments about the consequences and vulnerabilities of drinking to excess, drinking and driving and beyond. Don't let the opportunity to talk about it pass you by.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

'Tis the Season for Garden Club's Tradition

Decorating
Great Falls Tavern.

BY SHARON ALLEN GILDER
THE ALMANAC

A tradition established in 1978 by the women comprising Potomac's Little Farms Garden Club continued on Dec. 1 when over two dozen of its members enhanced the historic Great Falls Tavern with a bounty of verdant foliage. The lush and fragrant collection of shrubbery and botanicals included boughs of magnolia and white pine, Fraser Fir, holly, and nandina with berries. The spirit of the season filled the air as the women wired, tied, and draped greenery while they enjoyed the great outdoors on the unseasonably warm 72-degree day.

Club members worked for nearly three hours to create the holiday décor for the tavern's façade and interior rooms. Pinecones collected over the past 20 years and stored at the Tavern were unpacked to revisit the festive displays. Handcrafted red velvet bows with gilded edges were tucked into swags, window sprays, lampposts, mantle arrangements, and twin jardinières flanking the front door to complement the red berries.

Little Farms Garden Club formed the partnership with the rangers at the Chesapeake & Ohio Canal National Historical Park to meld their talents and resources to beautify the national landmark for the community during the holiday season. The tavern, built in 1828 as a lockhouse, had north and south wings added in 1831 as suggested by its first locktender, W.W. Fenlon. He aspired to establish an inn that would accommodate the growing numbers of travelers visiting the area to escape the city's



Members of the Little Farms Garden Club gather in front of Great Falls Tavern.

PHOTO BY SHARON ALLEN GILDER/THE ALMANAC

heat and hustle and bustle.

The centerpiece of the overall design features a 40-foot long garland above the main portal hung by Park Ranger Mark Myers. "I've been helping them as long as I can remember. The garland was plenty heavy. It's definitely an armful," Myers said.

"Mark has been helping us for many years and his enthusiasm for the garden club's annual Christmas decorating is wonderful," said Debbie Beatley, club president. Beatley added that Traci Hoffman, committee chair for the project, collects the greens and coordinates their delivery to the tavern.

Once the transformation of the tavern was complete, club members visually enjoyed the fruits of their labor then proceeded indoors to continue the tavern's long established tradition of hospitality as they dined upon a lunch

of Sloppy Joes, coleslaw, and cookies prepared by six club members.

"This year was especially fun in that many of us ate our Sloppy Joes on the balcony because of the fabulous weather and breathtaking views of the Potomac River. There have been years when we decorated that is was so bitter cold, we could hardly move our fingers ... but the job got done," said Beatley.

Club member Betty Lee said, "My favorite part of the experience was working together with everyone and watching them decorating the tavern. I feel like I'm part of 'This Old House'... the decorating portion, ha! My second favorite part was the lunch the food committee provided. All that decorating made me very hungry I had two portions."

Beatley said, "I think I can speak for the

SEE DECORATING, PAGE 5

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Decorating Great Falls Tavern

FROM PAGE 4

members in that we all love transforming the beautiful tavern into a special holiday venue for visitors and events that are

held there each year.”

Great Falls Tavern, 11710 MacArthur Blvd., Potomac, 301-767-3714 or visit www.nps.gov/choh/index.htm.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

HOLIDAY GIVING

Toys for Tots. Drop off gifts until Dec. 18 at Toys R Us, Babies R Us, A.C. Moore arts and crafts stores, the B-CC Rescue Squad and fire stations. For a complete list of fire station drop-off sites visit <http://mcfrcs.blogspot.com>.

THURSDAY/DEC. 11

Hospice Workshop. 1:30-3:00 p.m. at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, North Bethesda. Learn how to balance sorrow and celebration while grieving. Call 301-921-4400 for more.

SATURDAY/DEC. 13

Raffle Drawing. During Har Shalom’s “Magical Night of Community.” Win a three-year lease for a BMW. \$100 each, no more than 1000 tickets will be sold, need not be present to win. Full raffle rules at www.harshalom.org/raffle. Purchase tickets online at www.harshalom.org/raffle or in person at Har Shalom Office, 11510 Falls Road, Potomac, or by phone 301-299-7087 x 0.

Bicycle Collection. 10 a.m.-3 p.m. Bethesda

Elementary School, 7600 Arlington Road, Bethesda. Wheels for Africa is a local grassroots non-profit that empowers American youth to assist youth in Africa to change their lives one bike at a time. Visit www.wheels-to-africa.org or call 703-919-0570.

MONDAY/DEC. 15

Hospice Workshop. 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. Learn how to balance sorrow and celebration while grieving. Call 301-921-4400 for more.

WEDNESDAY/DEC. 17

Volunteer Open House. 7-8:30 p.m. Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection has immediate openings for volunteers to provide essential services to Montgomery County seniors. Available service opportunities include driving senior adults to medical appointments, assisting with grocery shopping and money management. Information and RSVP, Mary Murphy mary.murphy@seniorconnectionmc.org or 301-942-1049.

THURSDAY/DEC. 18

Vision Support. 12:30-4:30 p.m. at Friendship Heights Village Center, 4433 S Park Ave, Chevy Chase. Participate in free glaucoma screenings and a free lunch. Call 301-656-2797 for more.



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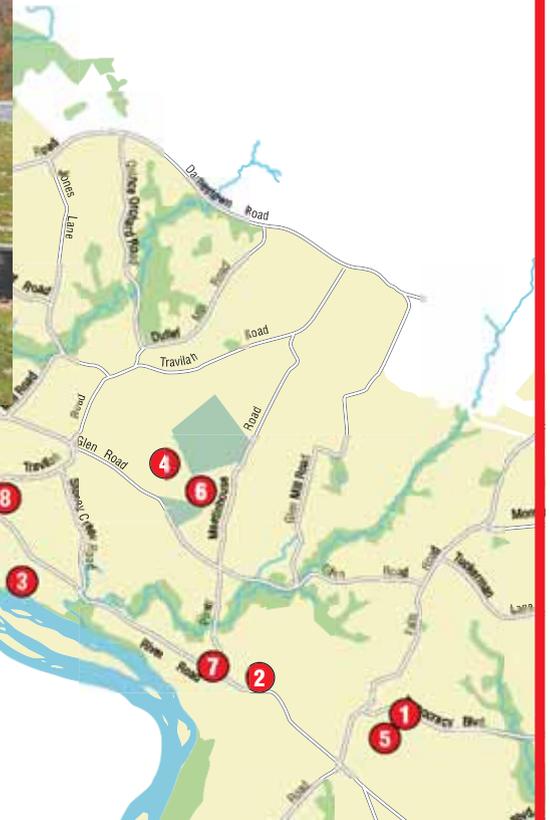
PHOTOS BY DEB STEVENS/THE ALMANAC

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Top Sales in October, 2014



1 10308 Iron Gate Road — \$2,500,000



2 1 Riverwood Court — \$2,300,000



6 11348 Palatine Drive — \$1,680,000



5 10116 Iron Gate Road — \$1,800,000



3 11516 Luvie Court — \$2,000,000



8 13433 Bissel Lane — \$1,575,000

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2 1 RIVERWOOD CT	7	7	2	POTOMAC	\$2,300,000	Detached	4.14	20854	POTOMAC VIEW ESTS	10/31/14
3 11516 LUVIE CT	6	5	2	POTOMAC	\$2,000,000	Detached	1.61	20854	MERRY GO ROUND FARM	10/29/14
4 12608 TRIBUNAL LN	6	5	2	POTOMAC	\$1,900,000	Detached	2.00	20854	PALATINE SUB	10/30/14
5 10116 IRON GATE RD	5	5	2	POTOMAC	\$1,800,000	Detached	2.05	20854	CAMOTOP	10/06/14
6 11348 PALATINE DR	6	6	1	POTOMAC	\$1,680,000	Detached	2.00	20854	PALATINE	10/16/14
7 11404 SWAINS CREEK CT	6	7	2	POTOMAC	\$1,650,000	Detached	2.00	20854	SADDLE RIDGE	10/20/14
8 13433 BISSEL LN	5	4	1	POTOMAC	\$1,575,000	Detached	2.02	20854	STONE CREEK ESTATES	10/06/14

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Gifts for the Home

Local shop owners offer suggestions to make holiday shopping easier.

BY MARILYN CAMPBELL
THE ALMANAC

While holiday shopping is part of the spirit of the season, for some choosing a present for everyone on their list can be overwhelming. Local small business owners come to the rescue with gift ideas for the home.

Give the gift that keeps on burning long after the holidays. Autumn Clayton, owner of Covet, a boutique in Arlington, Va., that specializes in local and handmade gifts, recommends hand-poured, soy candles by Sydney Hale in Purcellville, Va. Among the exotic fragrances are tobacco sandalwood and fir and blue sage.

"They are 100-percent soy and we carry a wide variety of scents," said Clayton. "10-percent of the sales from these candles benefit Lost Dog Rescue."

"The nice thing about these fragrances is that they smell great, but they're not overpowering," added Covet's Ximena Bryce.

At \$30 each, the candles have 50-hours of burn time and come in a glass that can be re-used for drinking when the candle is gone.

For the cook, Clayton also recommends hand-stitched kitchen towels by Nesta Home. "They



Gold-rimmed prayer bowls are a gift recommendation by Lauren Gregory of JT Interiors in Potomac.

Wreaths made of magnolia leaves and pinecones, like these from JT Interiors in Potomac can be stored and re-used after the leaves have dried.

PHOTOS
COURTESY OF
JT INTERIORS

make great hostess gifts and last longer than a bottle of wine," she said. "No one wants to come to a party empty-handed. You can even wrap a bottle of wine in the towel." The towels are \$14 each.

Wreaths with a nod to nature are among the top picks of Lauren Gregory of JT Interiors in Potomac. "They will dry and turn brown and are made in such away that they can be stored and pulled out again next year," said Gregory. They range in price from \$60 to \$185

and come in natural materials like pine cones, cinnamon sticks and magnolia leaves.

Gregory also recommends electric hurricane lamps, which come on a strand and are priced at \$103 for a 90-inch strand, and prayer bowls. "They are made by a woman who survived cancer and had a family who was praying for her kept their prayer intentions in a bowl," she said. "When the woman found out about it she was touched. The prayer bowls make

a great gift because they tell the story behind them."

Limited edition ornaments by Mark Roberts are the choice of John Brown of J Brown and Company in Old Town Alexandria, Va. "They're beautiful and they're all jeweled and come in colors like red, green white and robin's egg blue" said Brown. Handcrafted with an old-fashioned flair and embellished with crystals, the figurine-ornaments are a collector's item.

2015 New Year Remodeling Resolutions

Improving long-term living needs and future home value.

BY JOSHUA BAKER
BOWA



Joshua Baker

After all the holiday festivities have passed and the ball has dropped to ring in the New Year, many homeowners are inspired to tackle resolutions that relate to their living space. 2015 may be the year you want to remodel your home to allow for the changes occurring in your life. Perhaps you want to build out an office which will allow you to work from home? Maybe 2015 is the year you want to avoid climbing stairs, so moving the master suite to the first floor may be on your resolution list?

One thing is certain in life — family needs are always evolving. As kids come and go, aging parents move in, greener technology becomes available, and we look for more creature comforts in our homes, individuals and families need and want to update living spaces.

So, if you're thinking 2015 is the year to make changes to your home to better suit your changing lifestyle needs, I would encourage you to review some of the following top home

remodeling resolutions.

TIP #1: Planning For My Long-Term Home Needs

Given the fact that a home remodeling project can be a significant investment of both time and money, I would

strongly recommend that your family has thought through all elements of the remodeling job to make sure it will work for family's long-term living needs. You want the work done on your home to both improve your day-to-day life and add to the future value of your home, so ensuring the decision makers in your family are all on the same page is critical.

Also, as your family plans to remodel your home, we recommend considering the best times for your home to be under construction. We find that since families tend to travel more during the summer months, that is a good time for a remodeling project as the process may be less disruptive and the work can move quicker.

TIP #2: Research What You Like

One of the best things you can do to prepare for sitting down with a professional remodeler

is to find pictures of aspects of homes that you like. Being able to show examples of your preferences is extremely helpful to ensure your tastes are understood and incorporated into the design, and often, the materials selected for your remodeling project.

Websites like Houzz.com or Pinterest.com offer thousands of ideas that you can explore and print out to help you define the look and feel you desire to achieve with your new finished space. You can also save them in an online account that can be viewed by your potential remodel company.

TIPS FROM
THE SOURCE

TIP #3: Do Your Homework on the Best Remodeling Company

As with any significant investment, make sure you do due diligence before signing on with a design-build firm. Remodeling remains one of the most reported industries, so be sure to talk with the firm's client references and visit recent projects they have completed to get a sense for their craftsmanship. You may also want to ask about employee tenure and which professionals will be working with you through the remodeling process. It is important to know who will be your single point of accountability.

SEE RESOLUTIONS, PAGE 10

LET'S TALK Real Estate



by Michael Matese

The Appraiser and What He Does

Home appraisals might be more accurately described as "home evaluations". Appraisals are an essential part of the home sale process, from both the buyer and the seller's end, and are invaluable tools to have firmly in hand before an offer ever hits the table. Many sellers have an appraisal completed before the home is listed, in order to get a working grasp of current home value trends in the market and establish a baseline for the asking price. It is important to keep a few key pieces of information in mind when having an appraisal performed on your house. First, both appraisers and their appraisals vary—so make sure to find a reputable, experienced, reliable appraiser in your area to perform your home's appraisal. Three different appraisals by three different appraisers might give you three different ideas about your home's value—and while you definitely don't want an appraiser who lowballs your home's value and causes you to ask for a price lower than your home is worth, likewise you don't want an appraiser who overinflates your home's value, making your asking price higher than what the market will bear and keeps your home languishing without a potential buyer in sight. The most accurate appraisal is one that is neither too high, nor too low—a realistic evaluation of what the home is worth, versus what the market will bear that results in a home being sold with a reasonable profit to the seller in an expedient amount of time. An appraiser's document is only as valuable as their expertise and reliability, and in a profession that's not strictly regulated, you want to ensure that you've not paid a fee to a flight-by-night appraiser whose evaluation of your home's value isn't worth the paper it's printed on. Ask your Realtor® to point you in the direction of a reputable home appraiser, and screen the appraiser thoroughly before contracting their services. With just a little extra effort on your part, your home's most accurate asking price could be just a phone call away! Things to ask an appraiser before contracting their services include:

- What is their professional background regarding home appraisal?
- Are they trained and/or certified?
- Do they have a portfolio they'd be willing to share, or will they put you in touch with satisfied clients?
- Are they knowledgeable in your area?
- Do they know the history of your neighborhood and its constructions?
- What comparables will they be using?

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ONGOING

Christmas Tree Sale. Cabin John Park Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 or visit www.cjpvfd.org for more.

Winter Lights. Through Dec. 31. This recurring event is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. It also has additional events including walks and runs under the lights and S'more lights. Proceeds from the Festival benefit local charities. Call 301-258-6350 or visit www.gaithersburgmd.gov for more.

Cocktails and Canvas Watercolor Series. VisArts has added new classes to the series. These classes will be an introduction to painting with watercolor. Learn wet-on-wet techniques and color blending from VisArts watercolor expert Sunju Choi, who will guide participants while they recreate watercolor paintings. No experience needed. www.visartsatrockville.org

VisArts Cocktails and Canvas Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs Street, Rockville. Price \$40. Visit www.visartsatrockville.org/cocktails-and-canvas for more.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Enjoy a beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission is \$16-\$18; admission for age 17 and under is \$12. Visit www.glenechopark.org for more.

Argentine Tango with Lessons. Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. There is a lesson at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 for ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit www.BennysBarGrill.com.

SANTA & HIS ELVES

Collecting Toys. 6-9 p.m. Each night between Dec. 11-23, Santa will make his way with his merry bunch of firefighter elves, through the streets of the community to collect toys for the National Center for Children and Families in Bethesda, the USMC Toys for Tots program and the Children's National Medical Center. Contact Fire Chief Jimmy Seavey Sr. at 301-252-5315 or MDFIRE0412@aol.com. For a complete schedule visit www.cjpvfd.org/news/santa-will-be-making-his-rounds-soon/

- ❖ **Thursday/Dec. 11** — Fox Meadow, River Oaks Farm, Potomac Farm Estates, Potomac Hills, Potomac Manors, Great Falls Estates, Potomac Falls Estates
- ❖ **Friday/Dec. 12** — Mountain Gate, Eagle Rock, Natelli Woods, Potomac Ranch, River Falls, Fawsett Farms
- ❖ **Saturday/Dec. 13** — West Bethesda Park, Oakwood Knolls, Locust Ridge, Cohasset, Bradley Park, Burning Tree Valley, Frenchman's Creek
- ❖ **Sunday/Dec. 14** — Cabin John/Cabin John Park, Evergreen, Congressional Country Club Estates
- ❖ **Monday/Dec. 15** — Seven Locks Hills, Burning Tree Estates, Rose Hill Estates, Stonehurst Center, Smithfield, River Hill
- ❖ **Tuesday/Dec. 16** — Congressional Manor, Carderock Springs, Clewerwall (the neighborhood), Glengarry, Carderock, The Palisades
- ❖ **Wednesday/Dec. 17** — Avenel, River Road Estates, Williamsburg Estates, Concord, The Village (the neighborhood), Williamsburg Gardens
- ❖ **Thursday/Dec. 18** — Arrowood, Bradley Hills Grove, Make Up Night for Any Missed Area or for Inclement Weather Thus Far
- ❖ **Friday/Dec. 19** — Alvermar Woods, Potomac Hunt Acres, Tara, Potomac View Estates
- ❖ **Saturday/Dec. 20** — Merry Go Round Farm, Beallmount, Lake Potomac, Stoney Creek Farm, Saddle Ridge
- ❖ **Sunday/Dec. 21** — Potomac Village, Camotop, Falconhurst, Bradley Farms, McAuley Park, Kentdale Estates, Bradley Blvd. Estates, Congressional Forest Estates
- ❖ **Monday/Dec. 22** — Bannockburn, Bannockburn Estates, Al Marah, Wilson Knolls (1st due only)
- ❖ **Tuesday/Dec. 23** — This will be a make-up day for inclement weather or missed area
- ❖ **Wednesday/Dec. 24** at noon — Santa Delivers Toys to children

Drop in Art Activities. Every Saturday 10 a.m.-12:30 p.m. 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.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/mommy-and-me.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurlay. Call 301-983-8838 or visit www.popovers.com for more.

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free. Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. Wednesdays, Thursdays, Saturdays and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit www.silverworksglenechopark.com.

Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of Resident Artists Christine Hekimian, Sue Hill, Michele Rubin, Sherry Selevan, Bev and Zayde Slep and Janet Wittenberg. Sculpture, vessels, functional art and jewelry are for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

Glen Echo Pottery. Through December, Saturdays and Sundays, noon-5 p.m. Glen Echo Pottery, 7300 MacArthur Blvd., Glen Echo. The Gallery shows the work of 29

individual potters and instructors at Glen Echo Pottery. Wheel-throwing demonstrations are offered most Saturdays and Sundays, noon-2 p.m. Children are welcome. Visit www.glenechopottery.com/gallery for more.

Yellow Barn Studio & Gallery. Saturdays and Sundays, noon-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com.

CAMPS, CLASSES & WORKSHOPS

Art Explorers Open Studio. Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/saturday-art-explorers for more.

THURSDAY/DEC. 11

Dancing Strings Program. 6:30 p.m. Davis Library, 6400 Democracy Blvd., Bethesda. The program, suitable for all ages, will include pieces ranging from an Italian tarantella to an Irish hornpipe, the French Can-Can and Persian belly dance. Free. 240-777-0922.

FRIDAY/DEC. 12

Elikeh Performance. 6 p.m. door, 9 p.m. show. Bethesda Blues and Jazz Supper Club, 7719 Wisconsin Ave., Bethesda. The local band specializes in the melodies and rhythms of West African popular music. Elikeh uses elements of Togolese rhythms as a foundation for exploration into American-influenced blues, funk and rock. Visit www.elikeh.com for more.

SATURDAY/DEC. 13

Christmas on the Farm. noon-5 p.m. at Montgomery Farm. Visit www.MontgomeryParks.org.

Gingerbread House Decorating. 12-2:30 p.m. at VisArts Rockville, 155 Gibbs St., Rockville. VisArts provides the juice and cider to keep the holiday mood going. For children

HOLIDAY ENTERTAINMENT

6 and up. Two people can share one house but all children must be accompanied by an adult. Tickets \$45. Visit www.visartscenter.org or call 301-315-8200.

Magical Night of Community. 8 p.m. Magic show begins at 9 p.m. Har Shalom, 11510 Falls Road, Potomac. The evening will feature a magic show and a drawing for the winner of a three-year lease of a brand-new BMW 320i. Includes hors d'oeuvres, beer, wine and desserts. Magical Night tickets are \$50 per adult; \$36 for a child under age 21, and are available online at www.harshalom.org/50th/magic, at the Har Shalom office, or can be ordered by phone 301-299-7087, ext. 0. Full raffle rules at www.harshalom.org/raffle.

Washington Conservatory Violin Concert and Master Class. Master class 6 p.m., concert 8 p.m. Westmoreland Church, 1 Westmoreland Circle, Bethesda. Free, donations welcome. Kimberly Fisher will present a one-hour concert of violin favorites and show pieces. Preceding the concert, Fisher will present a public master class. www.washingtonconservatory.org

SUNDAY/DEC. 14

Jingle Bell Jog 8K. 9 a.m. at the Rockville Senior Center, 1150 Carnation Drive. The Rockville Senior Center's last run of the year. Participants will run through a residential area. Sign-up is day of. \$10 for adult non-members and \$5 for non-members below the age of 18. Visit www.mccrc.org for more.

Potomac Library Book Sale. 10 a.m.-1 p.m. 10101 Glenolden Dr. Sponsored by the Friends of the Library, Potomac Chapter. Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html for more.

Film Screening. 10 a.m., doors open at 9:30 a.m. Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Cinema Art Bethesda will screen "Night Boats" (Croatia 2012; in Croatian with English subtitles.) \$15, includes post-screening discussion, coffee and bagels. www.cinemaartbethesda.org or 301-365-3679.

Comedy at VisArts. 7 p.m. VisArts, 155 Gibbs

St., Rockville. Rahmein Mostafavi and Cool Cow Comedy present Mark Normand from Last Comic Standing, Conan O'Brien, and Comedy Central. \$20 pre-sale. Tickets available at www.coolcowcomedy.com

SATURDAY/DEC. 20

Gingerbread Workshop. 10 a.m.-noon, or 2 p.m.-4 p.m. VisArts, 155 Gibbs St., Rockville. VisArts is teaming up with Interfaith Works to support art programming for homeless and formerly homeless women in the community. Tickets \$45, includes admittance for up to two people to decorate one gingerbread house, hot chocolate and apple cider, visit by Santa, snacks and sweets for the children, and plenty of candy, icing and an already assembled gingerbread house ready to decorate. visartsatrockville.org

SUNDAY/DEC. 21

Cooking Series. 2 p.m. Bethesda Jewish Congregation, 6601 Bradley Boulevard, Bethesda. Food historian and columnist Sheilah Kaufman will be addressing "A History of Jews and Chocolate." Tickets are \$12/member and \$15/non-member. www.bethesdajewish.com/registration or 301-469-8636.

Free Holiday Concert. 3 p.m. Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. Encore Chorale will present a holiday choral concert with an international flair. Includes traditional favorites for Christmas and Hanukkah, as well as music that reflects holiday traditions around the world. Free. www.encorecreativity.org

SUNDAY/DEC. 28

Gingerbread House Decorating. 12-2:30 p.m. at VisArts Rockville, 155 Gibbs St., Rockville. VisArts provides the juice and cider to keep the holiday mood going. For children 6 and up. Two people can share one house but all children must be accompanied by an adult. Tickets \$45. Visit www.visartscenter.org or call 301-315-8200.



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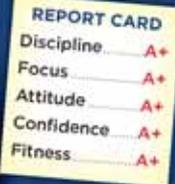
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The reward of a thing well done, is to have done it.
- Ralph Waldo Emerson

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"Quality of Life"



By KENNETH B. LOURIE

If I've heard it once – from my oncologist – I've probably heard it a dozen times over the last nearly-six years. In fact, at the very first Team Lourie meeting with him on February 27, 2009, after the initial examination, followed by a review of my previous doctor's (emergency medicine, pulmonary and thoracic) appointments and diagnostic procedures completed (two X-Rays, one CT Scan and one P.E.T. Scan), he gave us my diagnosis: "stage IV, non-small cell lung cancer," and my prognosis: "13 months to two years." After the shock wore off, he told us in no uncertain terms that he could "treat me but he couldn't cure me," and he was hardly enthusiastic or encouraging about any of what he had said. However, he perked up slightly when he suggested to me that "perhaps you should take that trip you've always dreamed of;" his first attempt at helping me find some quality in my life. Considering the context in which it was said, the suggestion fell on deaf ears and I started chemotherapy the very next week.

This concern about my life, this awareness of my life-expectancy-challenged reality has been an ongoing and recurring theme during the regular discussions Team Lourie has had with my oncologist. Whether I was feeling bad during heavy-duty chemotherapy ("we can stop or take a break anytime if it's too much?" he would ask) or feeling good ("since you're feeling so good, maybe we should stop for a while; enjoy your good quality of life"), the quality of my life away from the Infusion Center has always been a consideration. And given what he knew and I didn't, perhaps I should have listened, but I didn't.

Not that I ever felt that he had, or was, giving up on me; or that he was imposing his perspective on me/us; it was more like he was fulfilling his legal/fiduciary-type responsibility/moral obligation to educate me about choices, realities even. These conversations about life/living and death were/are always the most difficult for me. The figurative weight of it all almost becomes literal. There's nothing really that prepares you for the process. I keep thinking that someone with more experience, who's lived longer and seen more of life than I have, should be advising me. Ultimately though, decisions concerning life and death, the most personal of all decisions, really fall to the patient.

Now whether taking control and being responsible for one's own cancer fight does keep the cancer at bay, no one really knows. But after being "diseased" at such an unexpected and early age, 54 and a half, it feels good sometimes to exert some control. At this point in my survival, living is likely more about quality than it is quantity – or so I've been told, repeatedly, in a good and honest way. Nevertheless, I'm not ready to give up on the latter while embracing the former.

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

NEWS



PHOTO CONTRIBUTED

The Market at River Falls

Market To Open

FROM PAGE 2

The Market will be slowly changing and adding new features. "We are planning to offer special events, including bringing in local chefs to demonstrate cooking techniques — and perhaps people who make cheese, sausage or other unique food items," McWorter said. "We are excited about making changes, creating a place where our customers truly enjoy shopping — and to offer some new programs and services. We are also extremely pleased that Chef Andrew Malinowski will be returning to the Market, along with many of the former employees."

Resolutions

FROM PAGE 2

With a single point of accountability for the entire design and construction process, you can work alongside your architectural team and other specialists to ensure reliable materials are specified, drawings are clear, and challenges are addressed to lay the groundwork for a smooth production process. Most importantly, this team approach ensures that the project that is being designed aligns with your budget goals, and finds areas of efficiencies and appropriate cost savings wherever possible.

These three tips will help you to achieve the best approach and find a design-build team that will take accountability and manage the entire process while looking after your best interests. Remodeling professionals become part of your family during the process, so it's important to be extremely comfortable with the firm you choose.

Josh Baker is the founder and co-chairman of BOWA, an award-winning design and construction company specializing in luxury renovations, remodels and additions in the greater Washington, D.C. area. BOWA has more than 25 years of experience and has been honored with 170 local and national awards. Visit www.bowa.com or call 703-734-9050.

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Whitman Girls' Basketball Beats Good Counsel in Opener

The Whitman girls' basketball team opened the 2014-15 season with a 56-51 victory over Good Counsel in Dec. 5 in Olney. Last year, Whitman lost to Good Counsel, a private school, as part of a 1-2 start. The Vikings then won 20 consecutive games before losing to Kennedy in the sectional final. Whitman went 42-8 during the 2012-13 and 2013-14 seasons, including a trip to the 2013 state playoffs.

SPORTS BRIEFS

This year, Whitman returns several key athletes, including junior guard Marie Hatch and sophomore guard Abby Meyers. Senior point guard Nicole Fleck, senior forward Annabelle Leahy, junior guard Hannah Niles, junior forward Betsy Knox, and junior forward Alison Poffley also return.

The Vikings faced Rockville on Tuesday, after The Almanac's deadline. The Vikings will face Potomac School at 10:40 a.m. on Saturday, Dec. 13 during the Tina Thompson Classic at St. John's College High School.



PHOTOS BY HARVEY LEVINE/THE ALMANAC



Guard Abby Meyers, seen last season as a freshman, is expected to be one of the Whitman girls' basketball team's top players during her sophomore campaign.

Whitman junior Marie Hatch, seen last season, returns for her third varsity season.

Whitman Boys' Basketball Opens with Loss

The Whitman boys' basketball team lost its season opener to private school Georgetown Prep, 73-46, on Dec. 5.

Whitman reached the state championship game but graduated several key players from that team. This year's roster has nine players listed at 6 feet 2 or taller, including two listed at 6 feet 6.

The Vikings faced Rockville on Tuesday, after The Almanac's deadline. Whitman will face Landon School at 7 p.m. on Friday, Dec. 12 at Landon and will host Wootton on Dec. 15.

Churchill Boys, Girls Edged by Paint Branch

The Churchill boys' and girls' basketball

teams were within striking distance at the end of their respective season openers against Paint Branch on Dec. 5, but each fell short.

The boys' team lost at home, 41-36. The girls' team lost on the road, 67-64.

The Churchill boys faced Bullis on Tues-

day, after The Almanac's deadline. The Bulldogs will travel to face Wootton at 7 p.m. on Friday, Dec. 12.

The Churchill girls will travel to face St. Andrew's at 7 p.m. on Wednesday, Dec. 10, and will host Wootton at 7 p.m. on Friday, Dec. 12.

Victory for The OwlBots, The Woods Academy Robotics Team

The Woods Academy Robotics teams, the OwlBots and the Green Machine, participated on Dec. 6 at the FIRST Lego League (FLL) Qualifier held at Glen Elg Country School in Ellicott City. 21 teams competed. The OwlBots were one of only four teams to survive that Qualifier and advance to the FLL Maryland State Championship, which will be held in February at UMBC in Catonsville. Since the 2009-2010 school year, The Woods inaugural Robotics season, at least one Woods robotics team has competed at the FLL Maryland State Championship.

The OwlBots scored better than all other teams in all three of the judging categories – research, robot design, and core values. The 2014 FLL World Class: Learning Unleashed theme compels teams to teach adults about the ways that youths need and want to learn. The OwlBots' skit was an



PHOTO CONTRIBUTED

Front row (from left): Oliver Wolcott (7), Ale Tovar (6), Ryan Joseph (6), and John Cavanaugh (7) Back row (left to right): Dylan Danaie (6), Liam White (6), Antos Wellisz (7), and Victor Aldridge (7). Not pictured: Alex Toner (8).

infomercial for a revolutionary new device to enhance the study of history and geog-

raphy. The Green Machine conceived of a locker organizer.

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com.

The John F. Kennedy Center for the Performing Arts selected **Andrew Shebest** for its nationally recognized internship program. From Sept. 8-Dec.12, he is an intern in the Production Department. Andrew, son of Phillip Shebest and Susan Cornell, is from Potomac and is currently pursuing his Bachelor of Arts in Music and Trumpet Performance at the University of Maryland College Park. Andrew plans on graduating in May 2015. As the production intern at the Kennedy Center, Andrew assists the production staff by coordinating rehearsal rooms and running shows in Kennedy Center theaters. He also serves as a production assistant and assistant stage manager for several Kennedy Center productions including "Little Dancer," "The Gift of Nothing," and the 37th Annual Kennedy Center Honors.

Prior to his Kennedy Center internship, Andrew interned at the Wolf Trap Foundation for the Performing Arts where he served as the transportation coordinator and managed travel planning and hotel accommodations more than 60 summer performances.



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