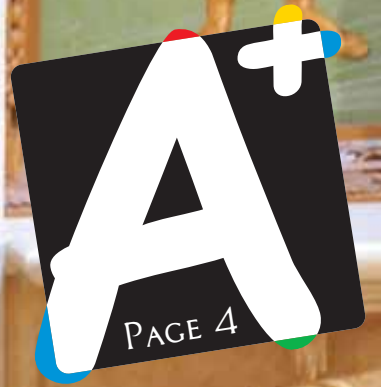


Potomac ALMANAC



Global Becomes Local

NEWS, PAGE 3

Retiring 'Hero

NEWS, PAGE 3

Patriarch John X of the
Antiochian Orthodox
Christian Church visits
Saints Peter and Paul
Antiochian Orthodox
Church in Potomac on
Sunday, Dec. 14.

Wootton Girls' Basketball Edges Rival Churchill

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UPCOMING EVENTS

- ▶ **"A BROADWAY CHRISTMAS CAROL"**
AT METROSTAGE
NOVEMBER 26 - DECEMBER 28
- ▶ **THE LITTLE THEATRE OF ALEXANDRIA'S**
"A CHRISTMAS CAROL"
DECEMBER 5 - 20
- ▶ **DEL RAY ARTISANS**
19TH ANNUAL HOLIDAY MARKET
DECEMBER 5 - 21
- ▶ **ALEXANDRIA'S HOLIDAY MARKET**
AT CARLYLE
DECEMBER 5 - 24
- ▶ **CHRISTMAS ILLUMINATIONS**
AT MOUNT VERNON
DECEMBER 20
- ▶ **WATERSKIING SANTA**
COMES TO OLD TOWN ALEXANDRIA
DECEMBER 24
- ▶ **20TH ANNIVERSARY OF**
FIRST NIGHT ALEXANDRIA
DECEMBER 31

EXTRAORDINARY

Alexandria

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News

Solving Foot Pain

New store focuses on keeping people moving.

BY SUSAN BELFORD
THE ALMANAC

Feel pain in your feet, ankles or lower back? The diagnosis could be plantar fasciitis, hammertoes, bunions, heel spurs, neuromas, arthritis, sciatica, knee, hip or leg issues — all of these can account for movement pain. Walking may have become a chore and standing for a few hours a nightmare.

A new store in Rockville can help manage the pain. Good Feet, a franchise store, is committed to helping to alleviate foot pain and make people feel better about moving, exercising and walking. Good Feet provides custom fitting of feet with various levels of foot supports. The store carries 350 different sizes and 25 different styles to fit every type of foot.

The owner of Good Feet, Kendall Brumley moved to the Potomac area from Dallas, Texas, where she owned and operated nine stores that were similar to Good Feet. When she realized that Montgomery County had no stores like Good Feet, she decided to



PHOTO CONTRIBUTED

Good Feet owner Kendall Brumley with employees Kevin Hoover and Melissa Marques.

open her store in Wintergreen Plaza.

"Good Feet is terrific for many reasons," she said. "You can try on the orthotics and immediately feel the pressure come off. We measure your foot to make certain the orthotic will fit perfectly and will provide the correct support. We also carry lines of shoes that are very comfortable with the orthotics. Most importantly, our orthotics carry a life-time warranty. The prices are

SEE GOOD FEET, PAGE 11

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montgomerycountymd.gov/rec

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Presiding over Patriarchal Divine Liturgy

Patriarch John X of the Antiochian Orthodox Christian Church, whose brother was one of two bishops kidnapped in 2013 by militants in Syria, visits Saints Peter and Paul Antiochian Orthodox Church in Potomac. Patriarch John X serves as the spiritual leader for Antiochian Orthodox Christians throughout world, including a multi-nation region in the Middle East, which includes the largest Christian community in Syria.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Saints Peter and Paul Antiochian Orthodox Church in Potomac hosted Patriarch John X of the Antiochian Orthodox Christian Church on Sunday, Dec. 14

Retiring 'Hero' Author and master of Potomac Master Plan, Callum Murray, retiring from Montgomery County Park and Planning.

BY MARY KIMM
THE ALMANAC

Whatever one likes about Potomac, Callum Murray probably had something to do with keeping it that way.

That was the message at last week's West Montgomery County Citizens Association meeting, marking Murray's plan to retire.

What Potomac looks like, from tree-lined streams to rustic roads, from larger lots to limited commercial development is guided by the Potomac Master Plan, dated 2002 and authored by Callum Murray, lead planner for Potomac and the Agricultural Reserve for Montgomery County Park and Planning.

Susanne Lee, president of West Montgomery, presented Murray with a crystal decanter, engraved: To Callum, Our Hero, Always. It was the Dec. 10, 2014 meeting of West Montgomery. Once a year, Callum Murray presented an update on planning in Potomac to the group, but this year, that presentation was more informal.

Susanne Lee, president of West Montgomery, suggested that possibly the correct tribute to Murray would be to read aloud the 262-page master plan written in 2002. Here is how it begins:

"As Potomac has evolved from rural and agricultural to a semi-rural and suburban subregion, it has retained much of its green



Susanne Lee presented Callum Murray with a crystal decanter engraved: "To Callum, Our Hero Always."

character and environmental qualities. These qualities are under threat. Inexorable population growth continues to foster intense development pressure on the Potomac Subregion. This Master Plan strongly recommends that sustaining the environment be the pre-eminent policy determinant in a subregion so defined by its natural re-



Callum Murray with Elie Cain, and George and Ginny Barnes and Susanne Lee at the West Montgomery County Citizens Association meeting on Dec. 10. Murray, author of Potomac's Master Plan, is retiring from Montgomery County Park and Planning.

sources. New development and redevelopment must respect and enhance the Subregion's environmental quality, while helping to build communities and resources that will serve existing and future generations of residents."

Lee talked about how it feels to be a citizen activist in a meeting with developers,

land use attorneys and elected officials. "You come out of those meeting with the men in suits and you feel like you can't ever have as much influence as they do."

But Murray and the Master Plan made all the difference, Lee said. "Callum, you gave citizens an insider influence, and you

SEE WMCCA, PAGE 5

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Advertising Deadlines are the previous Thursday.

DECEMBER

Publishing

Wellbeing.....12/3/14

HomeLifeStyle: Home for the Holidays... 12/10/14

Hanukkah begins December 16.

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- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

A Education • Learning • Fun

Students at Episcopal High School in Alexandria, Va., collaborate on a school project. Essays and interviews help admissions teams determine how an applicant would fit into the school community.

PHOTO COURTESY OF AUDRA WRISLEY



An Essay To Remember

Local educators offer advice on acing school admission essays and interviews.

BY MARILYN CAMPBELL
THE ALMANAC

While many are knee-deep in wrapping paper and eggnog, some students are holed up with computer keyboards and books of quotations. In addition to driving to the mall for holiday shopping, some parents are throwing rapid-fire questions at their children to make sure they are fast on their feet.

For students and parents who hope for slots at the area's top independent schools next year, 'tis admissions season.

"As a school we want to know what the relationship will be between what a student brings to the table and what we will need to bring to the table," said Tim Simpson, assistant head of school and director of admission and financial aid at Bullis School in Potomac.

Interviews are opportunities for admissions teams to get to know applicants and their parents, and share information about their schools.

"We try to encourage students to view the interview as a conversation," said Julie Jameson, director of admissions at St. Andrew's Episcopal School in Potomac. "They should feel comfortable ... be themselves ... and feel free to ask any questions they might have."

In fact, the interview is really a two-way street, says Ann Richardson Miller, director of admission and financial aid at The Madeira School in McLean, Va. "The girl and her parents should be asking as many questions of me as I am asking of her," she said. "After all, this will be her school for the next four years, and fit is critical, both for us, but also for the girl and her parents."

"Learn as much as you can about the school before your visit and be prepared to ask questions," said Scott Conklin, director of admissions, Episcopal High School in Alexandria, Va. "This is also an opportunity to brag about your interests, talents and accomplishments. ... Be humble, but make sure you let us know all about you."

That doesn't mean you should ignore your flaws, however. "We look for genuine conversations that convey the student's real interests and passions," said Simpson. "We also want students and parents to be open to talking about strengths and weaknesses."

THE ADMISSION ESSAY is another opportunity for students to reveal facets of their personalities that might not be obvious through test scores, transcripts and even letters of recommendation, said Patricia Harden, director of admissions and financial aid at Connelly School of the Holy Child in Potomac.

"It should be a well-written snapshot of how an applicant thinks and how she understands some aspect of her world," Harden said.

Some schools even require the admission essay to be completed in person.

"We want to see a student's true, natural writing ability, and we are interested in assessing their ability to develop and present a cohesive, thoughtful essay on the spot," said Michael Cresson, director of admissions, Bishop O'Connell High School in Arlington. "A polished essay prepared at home with lots of edits really doesn't tell us what

we want to know to best evaluate an applicant."

No matter where the essay is written however, the same basic writing advice applies.

"We are looking for students to express themselves and give us an insight into what kind of person he or she is," Cresson said. "My suggestions for students ... would be ... to proofread their essay, allow for enough time, do some research on the school and include that in the essay."

"These are simple suggestions, but it is disappointing as a director to read through essays and find simple mistakes and see that it was rushed."

"When interviewing, I think it is also helpful to learn as much as you can about the school before your visit and be prepared to ask questions."

— Scott Conklin,
director of admissions,
Episcopal High School

WMCCA Honors Murray

FROM PAGE 3

watched out for us. ... Bad things haven't happened here because of the Master Plan."

Murray was born in Scotland and worked as a planner there for 15 years before coming to the United States. His first day working for Park and Planning here was Dec. 19, 1988. Murray related that in 1998, when he finished the contentious Friendship Heights Sector Plan, a colleague asked what he'd been assigned next. When Murray answered the Potomac Master Plan, the colleague replied: "Wow, you must have really ticked someone off!"

In 2000, he began the process of rewriting the Potomac Master Plan for the first time since 1980. At the time, several transportation proposals threatened Potomac's equilibrium, including a possible techway leading to a new bridge across the Potomac River near Blockhouse Point, widening River Road to four lanes from Piney Meetinghouse Road to the Beltway, plus widening many other Potomac roads.

But Murray set the stage by defining Potomac's role as a "green wedge," providing a critical environmental buffer along the Potomac River, thus protecting the region's drinking water. This emphasis on the environment served as the underpinnings of a

plan that maintain's Potomac's semi-rural setting. The Potomac Master Plan Advisory Committee included Elie Cain, Ginny Barnes, Diana Conway, Robert Hanson and others who continue to advocate for the the environment and the low density vision for Potomac.

"It was really a wonderful ride. Thank you," said Elie Cain to Murray at last week's meeting.

Murray has also overseen the implementation of many things envisioned in the Master Plan over the years, including adding hundreds of acres of parkland, plus guiding the needed housing and other density in places with access to transportation, for example at Potomac Park Place (site previously called Fortune Park) and Quarry Springs in the former Stoneyhurst Quarry.

For the future, Murray, who cannot string two sentences together without a funny anecdote in between, said Potomac is in good hands, with both experienced planners and what called Millennial planners, who are, "smart, ethical, idealistic, good with technology and ride their bikes to work."

To read the Potomac Master Plan, visit http://www.montgomeryplanning.org/community/plan_areas/potomac/master_plans/potomac/potomactoc.shtm



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\$2,500,000-\$309,000.

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2 11736 Lake Potomac Drive — \$1,378,000



**3 11500 Ridge
Mist Terrace —
\$1,373,000**



**7 9713 Conestoga Way —
\$1,070,000**



**5 8628 Snowhill Court —
\$1,137,500**

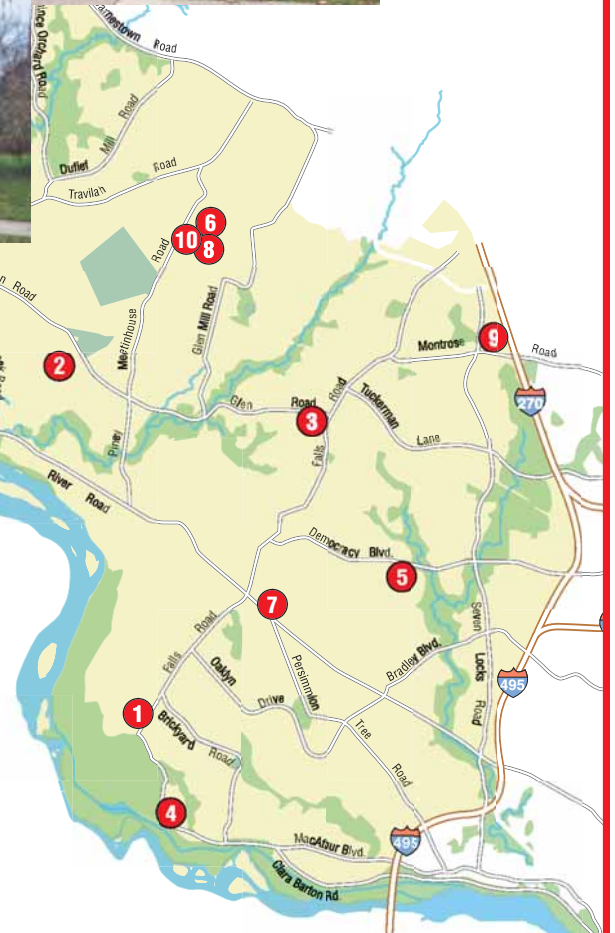


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1	11109 GILCHRIST CT	6	4	2	POTOMAC	\$1,550,000	Detached	2.02	20854	POTOMAC FALLS	10/14/14
2	11736 LAKE POTOMAC DR	5	5	1	POTOMAC	\$1,378,000	Detached	2.07	20854	BEALLMOUNT GROVE	10/01/14
3	11500 RIDGE MIST TER	5	4	2	ROCKVILLE	\$1,373,000	Detached	0.22	20854	CLAGETT FARM	10/01/14
4	7817 STABLE WAY	5	4	1	POTOMAC	\$1,175,000	Detached	0.16	20854	RIVER FALLS	10/21/14
5	8628 SNOWHILL CT	5	4	1	POTOMAC	\$1,137,500	Detached	0.61	20854	KENTSDALE ESTATES	10/31/14
6	10604 BEECHKNOILL LN	5	4	1	POTOMAC	\$1,125,000	Detached	0.17	20854	PINEY GLEN VILLAGE	10/10/14
7	9713 CONESTOGA WAY	4	3	1	POTOMAC	\$1,070,000	Detached	0.53	20854	POTOMAC VILLAGE	10/17/14
8	10610 FARBROOKE LN	4	4	1	POTOMAC	\$1,065,000	Detached	0.23	20854	POTOMAC GLEN	10/31/14
9	7809 PEARSON KNOLL PL	4	3	2	POTOMAC	\$1,050,000	Townhouse	0.04	20854	PARK POTOMAC	10/20/14
10	10817 MAPLECREST LN	5	5	0	ROCKVILLE	\$1,025,000	Detached	0.17	20854	POTOMAC GLEN	10/30/14

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ENTERTAINMENT

Email community entertainment events 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.

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.

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.

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

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/

❖ **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

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.

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.

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 Gurley. 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 Sleph 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.

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.

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

2015 Musical Theatre Intensive Summer Camp. For actors, dancers and singers ages 13-18. The program will run for two weeks from July 12-25 at the Sandy Spring Friends School in Sandy Spring, Md. Campers can participate in daytime or overnight camp. The daytime camp will feature students in a final showcase the last Friday of camp. Students who participate in the overnight intensive camp will take part in a full production of the musical "Once on this Island!" Early bird discounts are available to those who register before Feb. 1. Visit www.youngartistsamerica.org.

SEE ENTERTAINMENT, PAGE 9

Salt River Lobster



Salt River Lobster has been serving the Montgomery County area for over thirty years, mainly in the Bethesda area. Last year, we joined the Potomac Farmers market at the intersection of Falls/Democracy on the parking lot of United Methodist Church. Although most of the vendors have left for the winter, we remain every Thursday from 2-6. (Check our website for holiday schedule.)

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CHRISTMAS MASSES

**Christmas Eve, Wednesday,
December 24, 2014**

4:00 p.m. Church

4:00 p.m. McAuley Hall (Gym)

6:00 p.m., 8:00 p.m., 10:00 p.m.

**Christmas Day, Thursday,
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8:30 a.m., 10:45 a.m., 12:30 p.m.

3:00 p.m. Korean Mass

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OPINION

Holidays Are for Giving

In the scramble to finish Christmas shopping, remember tens of thousands of local children are short of food as well as presents.

The holidays are for giving. Christmas and Hanukkah are about children and family, about sharing, about joy, about being thankful and about faith and appreciation.

In Montgomery County, more than 65,000 people live below the poverty line, 6.6 percent of the population. More than 53,000 students in Montgomery County Public Schools qualify for free or reduced price meals; that's 35 percent of students in Montgomery County schools.

These are children who may not be sure that they will have a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate

with Christmas, Hanukkah and winter holiday vacations.

Many of these are children are living in families who must choose between medical bills, car repair, heat and food. Almost all are families where at least one adult is employed full time, but still many are one unexpected expense away from disaster. Many of these families live on the brink of homelessness.

There are literally hundreds, probably thousands, of ways to give locally this season. Also mark your calendar to help again in a month or two. The needs don't go away after the holidays. Here are a few ideas.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Preparing for Christmas

From left are Nils, Lachlan, Hans and Kristalee Overdahl and volunteer Nick Bohmann who is helping the Overdahl family pick out their Christmas tree at Cabin John Fire Station.

Where to Give Locally

♦ **Manna Food Center**, 9311 Gaither Road, Gaithersburg, MD 20877, 301-424-1130 www.mannafood.org. Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna has distributed more than 43 million pounds of food to more than 2.7 million individuals. Manna provided food to 5 percent of Montgomery County residents this past year.

♦ **Mercy Health Clinic**, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878. Mercy Health Clinic is a free, community-based volunteer organization providing quality healthcare to uninsured, low-income residents of Montgomery County. The clinic, located in Gaithersburg, depends on the expertise of volunteers, healthcare professionals and support from community partners to provide quality care to those in need. The clinic is staffed with medical professionals including family practice physicians, cardiologists, endocrinologists, nurse practitioners, nurse assistants, translators and behavioral health counselors.

♦ **Interfaith Works**, www.iworksmc.org, 114 West Montgomery Ave., Rockville, MD 20850. Interfaith Works provides shelter, food, and clothing to low-income and homeless neighbors.

♦ **Potomac Community Resources**, <http://pcr-inc.org/> 9200 Kentsdale Drive, Potomac, MD 20854, 301-365-0561 Potomac Community Resources, Inc. (PCR) provides therapeutic, recreational, social, and respite care programs for teens and adults with developmental differences, as well as information about community resources for families.

♦ **Montgomery County Coalition for the Homeless**, www.mcch.net, 600-B East Gude Drive, Rockville, MD 20850 301-217-0314. Montgomery County Coalition for the Homeless (MCCH), a community-based nonprofit organization, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year.

♦ **Shepherd's Table**, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-646. Shepherd's Table is a nonprofit organization in downtown Silver Spring, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. Shepherd's Table provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance.

♦ **Fisher House**, www.fisherhouse.org, 111 Rockville Pike, Suite 420, Rockville, Maryland 20850 | (888) 294-8560. The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," built on the grounds of major military and Veterans medical centers, including Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

♦ **Friends in Action**, www.iworksmc.org/friends-in-action, 114 West Montgomery Ave., Rockville, MD 20850, 301-762-8682. Founded by Interfaith Works (formerly Community Ministry of Montgomery County) in 1986, Friends In Action recruits and trains a network of people from all faiths and ethnic backgrounds. Volunteer mentoring teams are linked for one year in a supportive relationship to a needy family in their community. The goal of the program is to help the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well being.

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ENTERTAINMENT

FROM PAGE 7

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.

Ceramic Classes. Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

THROUGH DEC. 31

Winter Lights. 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.

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 bring art programming to homeless and formerly homeless women in the community by hosting two workshops. 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.

www.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.

TUESDAY-WEDNESDAY/DEC. 30-31

Winter Craft Days. 8:30 a.m.-5 p.m. VisArts, 155 Gibbs St., Rockville. Winter themed crafts, lunch at Rockville Town Square restaurant, ice skating and more. VisArts provides all of the materials. \$100. Visit www.visartsatrockville.org for more.

LET'S TALK Real Estate



by Michael Matese

The Changing Face of the Luxury Home

The economic changes and housing meltdown of the last decade means that there's a whole new set of attitudes prevailing in the luxury home market. "McMansions", once en vogue, are a thing of the past. No longer is square footage the standard in defining a luxury home—today's luxury homeowner trends towards smaller spaces whose amenities are tailored to suit a variety of hobbies, individual needs, lifestyles and values, as well as placing convenience and function at a premium. Home ownership attitudes have also changed across the board. Susanne Lauke, president of New American Homes, believes "The number of luxury buyers is definitely down. Those who are in the market today are not as interested in the investment value of their homes as they were a few years ago. Today's buyers expect to live in their homes for longer periods of time and have no illusions about making a 'killing' on the resale." What does this mean for luxury home sellers? It means that the luxury home sales market is catering to a new kind of buyer—one who still asks for top-notch luxury, but in a modern way. Some important elements to consider in the modern luxury homes market include:

- Community amenities. What else does your property offer? Golf courses, marinas, community fitness centers and tennis courts are all draws for "lifestyle luxury buyers"
- Personalized Home Amenities. From bathroom spas to boat slips, bedroom kitchens to porte cocheres and garage car lifts, discriminating luxury buyers are looking for rooms that make the most of the square footage available, rather than square footage that defines the quality of luxury available in the home.
- Distinctive Styling. Luxury buyers are in the market for a one-of-a-kind living space, not a "cookie cutter" mansion like all the others on the block. Take the time to spend with an architect and make sure there's a distinctive element that sets your home apart from other like it.
- Automation. Whether it's the lights or heating/cooling system, the security system, the entertainment center or the kitchen appliances, automatic controls are making a splash in luxury home buying.
- Outdoor Space. The square footage outside is becoming as important as the square footage inside! Lanais, screened-in porches, infinity windows and walled off gardens connecting to master bedrooms are ever-increasingly popular options that give luxury homes a distinctive flair.
- Jack & Jill Bathrooms. The "his and hers" bathroom layout is not only practical, but one that is hotly trending nowadays. Oversized master bathrooms are passé; today's modern emphasis is on individual grooming areas—not to mention the settling once and for all of the argument regarding the proper way to squeeze the toothpaste tube!
- Easy Maintenance. From floors and countertops to exteriors and landscaping—less is more. Luxury homeowners today don't want have to employ a small army to maintain their home. Low-key is the ultimate luxury!
- Flexibility of Space. Can the rooms in your home do double-duty? Compound rooms, or rooms that connect to one another, are a fantastic way to make a floor plan unique, functional and luxurious. Kitchen bedrooms, libraries with attached baths or master bedrooms that open into smaller entertaining areas are all sure-fire ways to make your home's blueprint singular and memorable.
- Casual Planning. Formal dining rooms aren't advantageous to today's modern lifestyle, so why include rooms whose function is limited in your layout? The more casual and comfortable the design of the rooms appears, the more interest your buyer will have in making it their own.

For professional advice on all aspects of buying and selling real estate, call:

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A Level That's Anything But



By KENNETH B. LOURIE

This is not a home improvement reference, but this is most definitely a do-it-yourself column. And though friends, family and all the medical professionals at The Infusion Center, and of course the Oncology staff, have been wonderfully supportive and encouraging throughout my nearly-six-year ordeal, at the end of the day – heck, at the beginning of the day, every day – the patient has to figure a way to navigate through this characterized-as-terminal minefield. More often than not, this has been my greatest challenge: keeping my spirits up and my attitude positive when there are only three people present and accounted for: me, myself and I.

Dealing with unexpected results – both good and especially bad, from lab work, diagnostic scans and/or in-person appointments/physical examinations/assessments – and the effect all of it has on the patient's presumptive life expectancy, are emotional hurdles I regularly endure. Moreover, interpreting any of these results, better left for the professionals, rarely prevents us amateurs (patients) from wishfully-thinking, denying or freaking out entirely. After all, your life is at stake and since there are no guarantees or 100-percent predictable outcomes in the treatment of stage IV, non-small cell lung cancer – other than it's not curable, according to my oncologist – anticipating the worst while praying for the best becomes your 24/7 reality.

This reality is never more apparent to me, since I'm relatively asymptomatic, than when I complete my every-three-week, pre-chemotherapy lab work. That's when (other than my quarterly CT Scan), the tale of my tape, so to speak, is updated. If certain measurements are too high: creatinine, bilirubin, potassium – then no chemo for me. If certain other measurements are too low: white and red blood cells counts, oxygen, also potassium; then again, no chemo for me. The real anxiety, new anxiety – for me, is what levels show up on the inevitable retest (the first order of business is to confirm the abnormality with additional lab work). Typically, at least historically, my retests, taken a week later (sometimes even a day later), have always returned to normal, and accordingly, chemotherapy has proceeded as usual. This week, however, something different has occurred. This is the first time that my creatinine levels were too high on consecutive three-week intervals. If my next retest does not return to level (as the previous one did), and chemotherapy is put off an additional week again, that too will be a first and cause – in my head anyway, for new concern. This would be a complication/result that in the previous six years has never happened.

Should I be worried? And whether or not I should be, can I even control my feelings and somehow patiently (no pun intended) wait for new results from the retest without coming apart at the seams? If I could, I would; but given this column's subject, apparently I can't. Wish me luck; hopefully, I won't need it.

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

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Churchill's Japria Karim-Duvall scored 18 points against Wootton on Dec. 12.



Churchill girls' basketball coach Kate McMahon said guard CoCo Kuchins is playing well early in the 2014-15 season.



Wootton's Sheri Addison scored 21 points during a 54-52 win over Churchill on Dec. 12.

Wootton Girls' Basketball Edges Rival Churchill

Patriots' Addison, Bulldogs' Karim-Duvall with big games.

Sheri Addison's late bucket lifted the Wootton girls' basketball team to a 54-52 victory over rival Churchill on Dec. 12. Addison finished with a game-high 21 points and was one of three Patriots to finish in double figures. Kaitlin Klausing and Ellie Kobylski each scored 10

points.

Japria Karim-Duvall led Churchill with 18 points, including a pair of 3-pointers. Sophomore CoCo Kuchins finished with 10 points.

After opening the season with a three-point loss to Paint Branch and a lopsided win over St. Andrew's, Friday's loss to Wootton dropped Churchill's record to 1-2.

"Honestly, losing to Paint Branch isn't anything to be ashamed about," Churchill head coach Kate McMahon said. "We played really well in our first game. [Against] St.

Andrew's, we kind of got into a rhythm. [Against] Wootton, we knew they were going to be tough. We didn't play our smartest game, we didn't have our best shooting game. ...

"I'm not too worried."

Karim-Duvall and point guard Izzy Wu are Churchill's top returning athletes. Karim-Duvall is averaging 16.3 points per game, while Wu is at 10 per contest.

"They've really played great so far," McMahon said. "Japria has always been one of the top players in the county since she was a freshman. Izzy, we always thought

she was the best point guard in the county."

McMahon said Kuchins is also playing well.

For Wootton, the victory improved its record to 1-1, including a season-opening 14-point loss to Walter Johnson. Addison is averaging 17.5 points in two games, while Ellie Kobylski and Cece Kobylski are each averaging 10. Wootton faced Whitman on Monday, after the Almanac's deadline.

The Patriots will host Wheaton at 7 p.m. on Wednesday, Dec. 17. Churchill faced Kennedy on Monday. The Bulldogs host Gaithersburg Wednesday, 7 p.m.

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://mcfrs.blogspot.com>.

Give A Gift. Now through the end of the year, The Jewish Social Service Agency and community partners are collecting monetary donations and gift cards for its nonsectarian "Give-a-Gift" program. Monetary and gift card contributions will afford families the dignity of choosing what is most important to them: holiday foods, warm winter clothing, toys for

the children, or special items that will make their lives more comfortable throughout the year. The program supports newborns to 103-year-old adults including frail Holocaust survivors. JSSA's "Give-a-Gift" program has doubled in size over the past five years. Call 301-610-8395 or visit www.jssa.org for more.

AFFORDABLE CARE ACT DEADLINES

The 2014-2015 open enrollment season for the Affordable Care Act began Nov. 27. Visit www.marylandhealthconnection.gov. There are two deadlines residents should be aware of:
❖ Any resident currently enrolled in a private plan who wants to maintain coverage and subsidy assistance offered through the Maryland Health Connection must re-apply by Dec. 18, in order to have a plan (and subsidy) in place by Jan. 1, 2015.
❖ Any resident not enrolled who is seeking a private health plan must

complete the application process by Feb. 15, 2015.

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.

Good Feet Opens

FROM PAGE 2

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Accepting Differences

BY SUSAN BELFORD
THE ALMANAC

Sixth grade religious students at Congregation B’Nai Tzedek (CBT) were taught by members of their Special Needs committee about differences that the disabled adults who live at the Jewish Foundation for Group Homes (JFGH) might have — and the importance of accepting the disparity among people’s abilities.

They were also taught to understand the challenges that some of the JFGH residents face — and how to interact with their guests and new acquaintances.

On Dec. 21, these students, along with CBT Social Action and Special Needs committee members and Congregation members will welcome 90 JFGH residents to their synagogue on South Glen Road for a holiday party. The event will feature dancing to songs played by a DJ, crafts and refreshments. This is the second year that the group has hosted this party.

The students will have the opportunity to dance with their guests, help them create crafts, serve them refreshments and mingle and share time with them. “Last year, it was a great event and I loved seeing the

love and friendships in the room,” said congregant Amy Fink, one of the party’s organizers. “The smiles on our guests’ faces were priceless, and the 6th graders did a wonderful job making our guests feel at home at B’nai Tzedek.”

Immediately prior to the event, several members of the Special Needs Committee went into the 6th grade Religious School class to speak about accepting people’s differences, the challenges that some of the JFGH residents might face, and how the students could be good ambassadors representing CBT to interact with the residents and make sure they have a great time.

Lisa Cordell who served last year as a co-chair of the Special Needs Committee, said, “As the sibling of one of our guests, it was so special for me to share with my brother a community event at my synagogue. As a parent, I felt great pride as my daughter engaged guests on how to do an art project. And as the co-chair of our Special Needs committee, I felt tremendous satisfaction seeing our community come together to make a special day for the JFGH residents, proving that the B’nai Tzedek is a warm and caring community that walks the walk when it comes to making an inclusive environment where ‘All Are Welcome.’”

Congregation B’Nai Tzedek hosts holiday party for Jewish Foundation for Group Homes’ adults with disabilities.



The synagogue Congregation B’nai Tzedek

“Our synagogue is very committed to including adults and children with all kinds of disabilities,” said Amanda Katz, assistant executive director of CBT. “We are always looking for ways to involve our congregation is serving the greater Jewish community. We are very proud of our 6th Grade Religious class for their involvement and their enthusiasm — and they have often told us how good they feel when they give back.”

To learn more about CBT, go to its website www.bnaitzedek.org. The synagogue is located at 10621 South Glen Road, Potomac.



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 - SMALL FRIES
- SMALL FOUNTAIN DRINK

*For veal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm. Additional charge for priced condiments. Good for dine-in and carryout only. Not valid with other offers.

POTOMAC PIZZA

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Dine-in, Carry-out, Delivery & Catering

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Decorated For the Holidays

Potomac Place Shopping Center terrace is welcoming for everyone who wants to enjoy the open space, sitting in the sun drinking coffee or having a bite to eat.



Looks like Santa is tuckered out — and he hasn’t even begun his journey yet.

The elves have been busy at the Potomac Place Shopping Center.

PHOTOS BY SUSAN BELFORD/THE ALMANAC