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"The types of businesses that stay provide the ultimate level of service and convenience," according to Adam Greenberg, president of the Potomac Chamber of Commerce and owner of Potomac Pizza.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

December, 2014 Sales, \$1,031,000~\$1,437,500



IN DECEMBER 2014,
57 POTOMAC HOMES SOLD BETWEEN
\$2,500,000-\$412,000.

1 10809 Brickyard Court
— \$1,437,500



4 12537 Grey Fox Lane
— \$1,207,500



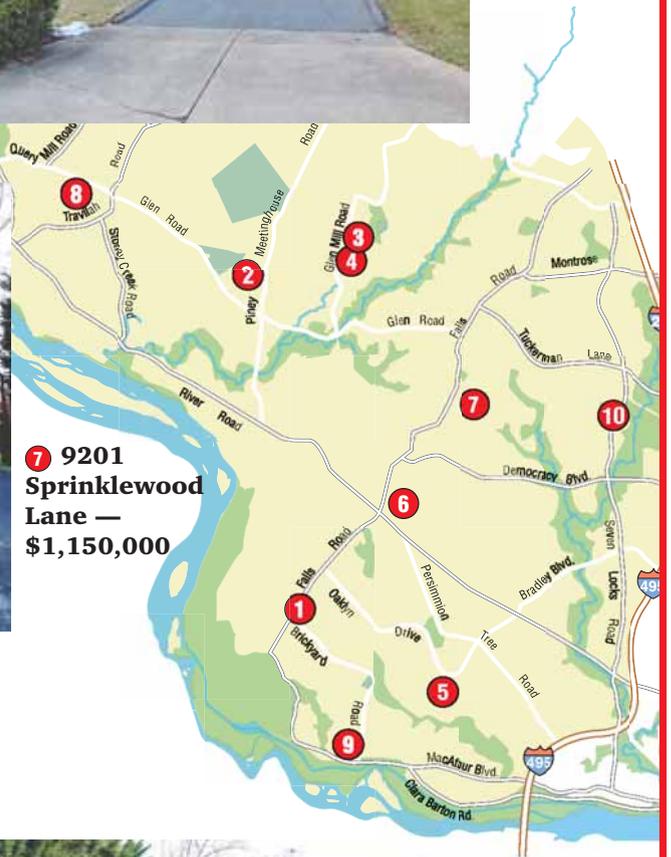
6 9813 Glenolden Drive
— \$1,170,000



9 7301 Masters Drive — \$1,040,000



7 9201 Sprinklewood Lane
— \$1,150,000



10 7901 Lakenheath Way
— \$1,040,000

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 10809 BRICKYARD CT	4	4	2	POTOMAC	\$1,437,500	Detached	2.00	20854	POTOMAC RANCH	12/05/14
2 12325 GREENBRIAR BRANCH DR S	4	1		POTOMAC	\$1,425,000	Detached	0.34	20854	GREENBRIAR PRESERVE	12/15/14
3 10301 CUTTERS LN	5	5	1	POTOMAC	\$1,235,000	Detached	0.95	20854	GLEN HAMLET	12/12/14
4 12537 GREY FOX LN	4	4	2	POTOMAC	\$1,207,500	Detached	0.51	20854	GLEN MEADOWS	12/23/14
5 23 BEMAN WOODS CT	5	4	1	POTOMAC	\$1,200,000	Detached	0.21	20854	AVENEL	12/12/14
6 9813 GLENOLDEN DR	5	3	2	POTOMAC	\$1,170,000	Detached	0.43	20854	POTOMAC VILLAGE	12/19/14
7 9201 SPRINKLEWOOD LN	5	3	1	POTOMAC	\$1,150,000	Detached	0.31	20854	PINE KNOLLS	12/31/14
8 12911 BRUSHWOOD TER	6	6	3	POTOMAC	\$1,100,000	Detached	4.39	20854	TRAVILAH MEADOWS	12/09/14
9 7301 MASTERS DR	4	4	1	POTOMAC	\$1,040,000	Detached	0.38	20854	RIVER FALLS	12/18/14
10 7901 LAKENHEATH WAY	6	3	1	POTOMAC	\$1,031,000	Detached	0.59	20854	NEWER SEC, CONTEMPORIES	12/22/14

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NEIGHBORHOOD OUTLOOK

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SEE WWW.POTOMACALMANAC.COM



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Rental rates help determine which businesses can survive in Potomac.

In Potomac Village, more banks have replaced small retail businesses.

Challenges for Potomac Businesses

Experts say high rents are to blame.

BY MARILYN CAMPBELL
THE ALMANAC

As spring approaches, the business environment in Potomac continues to face hurdles. This is particularly true for small businesses. “I think the business climate in Potomac is tough,” said Adam Greenberg, president of the Potomac Chamber of Commerce and owner of Potomac Pizza. “The rents are extremely high. Mom and pop businesses for the most part can’t pay that rent.”

In addition, certain businesses are more likely to succeed than others: “The busi-

nesses that do well ... are the banks and the ... the restaurants, particularly the larger businesses and chains that can afford the rent, which keeps going up,” said attorney Fred Goldman, vice president of the Potomac Chamber of Commerce’s board of directors. “In Potomac Village, there’s not as many of the small businesses, but there are banks that can pay what they need to pay to be in a particular location.”

“Brick and mortar retail businesses, especially in the village, have gone down a bit and lost a lot of appeal,” said Steve Ornstein, owner of Edge Florist (formerly Plants, Etc.) and treasurer of the board of directors for the Potomac Chamber of Commerce. “The area has really lost a lot of its charm. Even with restaurants, you don’t have any boutique-y restaurants any more. There are mostly chains.”

Ornstein knows the dilemma firsthand because he moved his 25-year-old business to a larger space in Gaithersburg in 2009 after the landlord raised his rent. “We even had a classic car dealership across from us, and now there is a Capitol One Bank,” he said.

The business rental rate in Potomac is about \$60 to \$90 a square foot,” said Potomac attorney David D. Freishtat of Shulman, Rogers, Gandal, Porly & Ecker. He currently serves on the Montgomery County Revenue Authority. “If a retail store in Potomac is not hitting a home run, it’s gone in six months.”

Survival depends upon business owners’ abilities to figure out the Potomac numbers game.

“The thing that makes Potomac work is that there are people with disposable in-

come who are willing to spend it,” said Freishtat, who is also an adjunct professor in the masters in real estate development program at the University of Maryland. He has also served on the West Montgomery County Advisory Committee. “You have to provide a really good service, have a loyal following and your customers won’t get the Bethesda or Friendship Heights.”

“We’ve had a lot of businesses come and go,” said Greenberg. “The types of businesses that stay provide the ultimate level of service and convenience. People are OK spending a larger amount of money when the people who work there know them, what they need and what they want.”

A new tutoring center in the Cabin John Shopping Center could have a promising future. “If they have good tutors, they will

SEE EXPERTS, PAGE 7

Potomac Real Estate Market Taking Off

Local Realtors report increasing home sales.

BY MARILYN CAMPBELL
THE ALMANAC

Homes sales are expected to increase this spring, say area realtors. It’s a sign that buyers are feeling increasingly secure about home purchases.

“There is more confidence now,” said Andy Alderdice, a real estate agent with Long & Foster/WC&AN Miller. “Gas prices are down. Employment is good. People want to move up, sell their old house and buy a new house.”

The sales spike also be due to an increase in homes going on the market. Agents say buyers have had fewer choices and possi-

bly decided to wait until options were more plentiful. “Even last year, there were buyers but there wasn’t a lot of inventory. It wasn’t really a buyers’ or a sellers’ market,” said Christy Taylor, a real estate agent for Re/Max Towncenter At Park Potomac.

Spring typically ushers in an inventory increase. “Let’s face it, the vast majority of Potomac is single family homes and most people will wait until February, March and April to put their home on the market because they look better when the grass is greener and the yard looks pretty,” said David DeSantis, a partner at TTR Sotheby’s International Realty.

“The next three to four months will indicate the health of the market,” added Taylor.

Home sales in Potomac actually increased last month as 57 Potomac homes sold, an 18.8 percent increase from December 2013. Property values also rose between 2013 and

SEE LOCAL REALTORS, PAGE 6



COURTESY OF RE/MAX TOWNCENTER AT PARK POTOMAC.

Homes sales in Potomac are expected to increase this spring, say area realtors. This home on River Road will be coming on the market at \$1,350,000. It will be listed by Jeanne Koerber of Re/Max.

NEWS

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Holy Child Building Up Steam

Panelists encourage careers in technology, engineering.

BY SUSAN BELFORD
THE ALMANAC

“We are in a tech-dense world,” says panelist Elisabeth Warren. “It’s so relevant, and there are a lot of different places to learn. It’s very present and there are a limitless amount of resources around us.”

Warren was one of nine panelists participating in the Connelly School of the Holy Child “Inspiring Voices – Working Professionals Panel” held on Wednesday, Jan. 14. More than 200 students, parents and Holy Child staff and faculty attended the event. This was the second part of the “Holy Child Building up STEAM” year where the school has planned STEM/STEAM-related events to take a deeper look into the worlds of science, technology, engineering and mathematics with the addition of the arts. The panel was composed of Holy Child graduates with successful careers in technology, engineering, mathematics and science.

Holy Child Senior Cece Garner was enthusiastic about the enlightening panel discussion: “It inspired me to pursue a career that I’m passionate about, even if there are obstacles.”

Freshman Abbey Titus said, “It gave me new ideas about what I want to think about for my



Seniors, from left, are Jeanne Ryan, Allison Bloss, Anna Jorgensen, Elena Rios-Brady and Avery Luck.

career path. I think it was interesting to see how each of the panelists took different paths to get to where they are in STEM.”

Kaitlyn Valis, mathematics teacher at Holy Child said, “The panelists spoke about their experiences at Holy Child that fostered and developed their confidence and ability to think outside the box. They cited their own unique and sometimes unconventional paths to the STEM field. I loved that they shared honestly about their challenges and insecurities stepping into the workforce, but also shared what they love and are excited about in their careers.”

Moderator for the evening was Holy Child

parent Lisa Kazor-Christovich, founder, CEO and president of Savantage Solutions, a Rockville InformationTechnology company which provides consulting, integration, technology and program management support solutions and services to Federal agencies. The panelists, all graduates of Holy Child, were Rotimi (Timi) Abimbola, strategy and management consultant for Booz Allen and Hamilton; Olivia Clifton, Ph.D. candidate at Columbia University in Atmospheric Science; Alicia O’Hare Henneberry, federal partner sales executive for Microsoft Corporation; Carrie-Anne Mosley, vice president of SAP; Jennifer Girardi

SEE FOCUS ON TECH, PAGE 5

Bone Builders Seek Volunteer Teachers

Volunteers must enjoy working with seniors.

BY SENITRA T. MCCOMBS
THE ALMANAC

Bone Builders, a free exercise program sponsored by the Montgomery County Department of Health and Human Services, Aging and Disability Services, and RSVP of Montgomery County is currently looking for volunteer teachers for their classes held throughout the county.

The training will be on Friday, Feb. 20 and Friday, March 13 from 10:30 a.m. to 3:30 p.m. at Potomac United Methodist Church, 10300 Falls Road, Potomac. For more information or to register for the training, phone 240-773-8268 or email Emily.Glazer@montgomerycountymd.gov.

During the free two-day training session, volunteers learn about the various exercises taught in the class, how to teach adult learners,

what motivates their students and how to incorporate that into their individual teaching styles.

In addition to the training sessions, the volunteers will also be allowed to shadow three classes so they see other teaching styles and become comfortable with how the class works. All volun-

teers also receive ongoing support and supervision by master trainers throughout the year.

Some of the qualities they are looking for include individuals who are enthusiastic about exercising and making weight lifting fun, who enjoy working with seniors and can teach twice per week, and who are

eager to help seniors through exercise that includes some socializing and camaraderie.

“We take volunteers of any age as long as they have these characteristics, truly enjoy being with seniors and want to help others maintain or increase their bone

SEE BONE BUILDERS, PAGE 11



In the Bone Builders class are, from left, Betty Petrola, Delores Varner, Wai Wun Chin, Barbara Newbury and Ron Heckman.



PHOTOS BY HOPE THOMAS AND MADIE BROWLIEY

The organizers, from left, are Kaitlyn Valis, Barry Rosenberg and Liza Kazor-Christovich.

Focus on Tech

FROM PAGE 4

McCloskey, project manager for the Department of Energy; Alex Phifer, civil engineering major at the University of Maryland; Lindsay Schreiber, business analyst, CGI; Maureen Easby-Smith, mechanical engineer, U.S. Postal Service; and Elisabeth Warren, lead designer for Clearly Innovative.

The panelists spoke about how their experiences at Holy Child had influenced their career paths. Each explained that their student years had ultimately prepared them for where they are today. Henneberry said, "Here at Holy Child, you have an ability to bring ideas to the forefront. You are encouraged to think independently and creatively. Holy Child gave me the confidence to be successful in college and in my career."

Panelists hoped that the students would consider taking a step towards a STEM career, and not be afraid that they are not "smart enough." They wanted the students to understand that there are many aspects to STEM careers. Some of the students will be connecting with the panelists for mentoring and internship opportunities. Abimbola advised, "Tech, math and science are everywhere and are so important."

Henneberry said, "You (women) are needed in these fields."

Schreiber said, "There is a tech correspondent for everything — and there are lots of financially stable jobs in these fields."

Valis summed up the evening: "The spirit of Holy Child clearly lives on in these women who find their work a vocation. They are using their talents and gifts to help people and transform the way society communicates. I am encouraged by the reactions of our students who were inspired and encouraged by what the panelists shared. Many will hopefully consider the endless possibilities that come with working in the STEM fields. Some of our students have been connecting with these alumnae for mentoring and internship opportunities. I'm so excited for what these connections might evolve into."

Holy Child will host more STEAM events this year including a "Tech Theater in Action" program to provide information about tech careers in the Arts that are not on stage, and an elementary school program entitled "Tinker, Tailor, Why" that will invite the girls in grades 3-6 to build things that float, fly, roll and more.

Visit holychild.org/STEAM.

LET'S TALK Real Estate



by Michael Matese

The Evolution of Luxury

At the beginning of the 20th century, "luxury living" was defined by indoor plumbing and electricity. The dawn of the 21st century often sees homes with more bathrooms than there are bedrooms—the concept of "luxury homes" has evolved and flourished. Today's 'must haves' are items that hadn't even entered the consciousness of home builders even a century ago, while their "luxury" standards are the things we now consider common efficiencies. Whether building or remodeling, today's home owners are thinking "green" and buying "Smart" homes. Components such as eco friendly building/renovations materials, energy saving innovations in everything from water dispensers to solar panels are more prevalent than ever today. Bathrooms with spa features that are built to conserve water, solar heating and smart appliances that cook well but save energy are making their way into homes every day. Hidden storage, televisions that can be put away to show, bathrooms that are more like spas, with their steam showers and heated floors are coming more and more to the forefront of home design and renovation. When you're looking for a new home or a vacation hideaway, let your REALTOR® know exactly what you're looking for and she can make sure that all of your 'favorite things' are just waiting for you.

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NEIGHBORHOOD OUTLOOK

Local Realtors Report Increasing Home Sales

FROM PAGE 3

2014. “The subdivision with the greatest year to date gain in value between January 2013 to December 2014 was Potomac Village where the average property increased by 22.9 percent,” said Taylor. “Piney Glen Village subdivision came in second with a 22.7 percent increase between 2013 and 2014.”

Neighborhoods like Potomac Village that offer a shorter commuter to Washington D.C. than other areas, are popular among buyers. “The south-east side of Potomac tends to sell better than the northwest side going further out into Maryland,” said David DeSantis, a partner at TTR Sotheby’s International Realty.

Areas that offer the best of both worlds also attract buyers. “River Falls has always been a consistently a popular neighborhood because of the proximity to D.C. and Virginia, but you still have the country feel. You have wonderful parks and the canal,” said Alderdice.

A slight increase in sales and expected increase in inventory have left real estate agents optimistic. “My phone has been ringing a lot ... with agents asking about what’s coming on the market,” said Alderdice.

“I have a listing in River Falls that is coming on the market soon and I am getting calls and it is not

yet on the market. We start our early spring market in February, if the weather cooperates.”

“The upper end of the market [homes priced at more than \$ 2 million] has been very slow,” said Potomac-based real estate agent Michael Matese of Long and Foster. “But inventory is starting to come on the market. We’re in that

gap time right between the holidays and the spring market.”

Many of the large, single family homes in Potomac belong to the baby boomer generation “who want to sell the house and move to a smaller home or condo,” said DeSantis.”

“You’re not seeing as many young families coming into Potomac,” added Matese. “They want to be closer to the city rather and have a shorter commute than have a 10- to

15,000-square-foot home and two acres of land. It’s much less maintenance.” DeSantis, however, underscored the fact that the bottom line in homes sales hasn’t changed: “We all like to think that we have the most beautiful house in the neighborhood,” he said.

“But people have access to more information than they’ve ever had before. The can find out how much other homes sold for ... so, it becomes very important to price your property correctly and do everything you can to make sure it shows well.”

“Gas prices are down. Employment is good. People want to move up, sell their old house and buy a new house.”

— Andy Alderdice, real estate agent with Long & Foster/WC&AN Miller.

HOME SALES

In December 2014, 57 Potomac homes sold between \$2,500,000-\$412,000.

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code
10220 FALLS RD	7	6	3	POTOMAC		\$2,500,000	Detached	0.64	20854
8513 RAPLEY PRESERVE CIR	5	5	3	POTOMAC		\$2,050,000	Detached	0.38	20854
9020 BRONSON DR	5	5	1	POTOMAC		\$2,000,000	Detached	2.58	20854
10004 SORREL AVE	4	6	2	POTOMAC		\$1,950,000	Detached	0.40	20854
35 PINEY MEETINGHOUSE CT	6	5	2	POTOMAC		\$1,800,000	Detached	2.08	20854
11307 S GLEN RD	4	4	2	POTOMAC		\$1,750,000	Detached	0.94	20854
11017 RIVERWOOD DR	6	6	1	POTOMAC		\$1,700,000	Detached	3.16	20854
11351 PALATINE DR	5	6	0	ROCKVILLE		\$1,700,000	Detached	2.00	20854
9812 AVENEL FARM DR	5	5	1	POTOMAC		\$1,680,000	Detached	0.51	20854
11528 LAKE POTOMAC DR	6	5	1	POTOMAC		\$1,600,000	Detached	2.35	20854
10809 BRICKYARD CT	4	4	2	POTOMAC		\$1,437,500	Detached	2.00	20854
12325 GREENBRIAR BRANCH DR	5	4	1	POTOMAC		\$1,425,000	Detached	0.34	20854
10301 CUTTERS LN	5	5	1	POTOMAC		\$1,235,000	Detached	0.95	20854
12537 GREY FOX LN	4	4	2	POTOMAC		\$1,207,500	Detached	0.51	20854
23 BEMAN WOODS CT	5	4	1	POTOMAC		\$1,200,000	Detached	0.21	20854
9813 GLENOLDEN DR	5	3	2	POTOMAC		\$1,170,000	Detached	0.43	20854
9201 SPRINKLEWOOD LN	5	3	1	POTOMAC		\$1,150,000	Detached	0.31	20854
12911 BRUSHWOOD TER	6	6	3	POTOMAC		\$1,100,000	Detached	4.39	20854
7301 MASTERS DR	4	4	1	POTOMAC		\$1,040,000	Detached	0.38	20854
7901 LAKENHEATH WAY	6	3	1	POTOMAC		\$1,031,000	Detached	0.59	20854
9455 TURNBERRY DR	3	2	2	POTOMAC		\$1,020,000	Townhouse	0.08	20854
2 WINTERSET CT	4	3	1	POTOMAC		\$1,010,000	Detached	0.42	20854
7828 HIDDEN MEADOW TER	4	3	1	POTOMAC		\$1,000,000	Townhouse	0.08	20854
10510 SOUTH GLEN RD	4	4	0	POTOMAC		\$1,000,000	Detached	3.42	20854
10626 BEECHKNOILL LN	5	4	0	POTOMAC		\$995,000	Detached	0.22	20854
7809 HIDDEN MEADOW TER	4	3	1	POTOMAC		\$965,000	Townhouse	0.10	20854
10812 ADMIRALS WAY	5	3	0	POTOMAC		\$950,000	Detached	1.14	20854
11103 POTOMAC CREST DR	4	3	1	POTOMAC		\$850,000	Townhouse	0.10	20854
11409 GRUNDTY CT	4	4	1	POTOMAC		\$850,000	Detached	0.71	20854
11116 HUNT CLUB DR	5	4	1	POTOMAC		\$839,000	Detached	0.25	20854
1085 PIPESTEM PL	5	2	2	POTOMAC		\$831,500	Detached	0.20	20854
6 CHERBOURG CT	4	2	0	POTOMAC		\$830,000	Detached	0.35	20854
11212 POWDER HORN DR	5	2	1	POTOMAC		\$825,000	Detached	0.42	20854
10633 OAKLYN DR	4	3	2	POTOMAC		\$825,000	Detached	0.51	20854
10211 COLEBROOK AVE	5	2	1	ROCKVILLE		\$802,000	Detached	0.35	20854
10005 AUTUMNWOOD WAY	4	2	1	POTOMAC		\$765,000	Detached	0.35	20854
11407 CEDAR RIDGE DR N	3	3	1	ROCKVILLE		\$757,500	Townhouse	0.06	20854
11808 BEEKMAN PL	4	2	1	POTOMAC		\$757,500	Detached	0.97	20854
10914 CANDLELIGHT LN	4	2	1	POTOMAC		\$756,000	Detached	0.24	20854
9101 ORCHARD BROOK DR	4	2	1	POTOMAC		\$755,000	Detached	0.38	20854
9425 LOST TRAIL WAY	3	3	1	POTOMAC		\$755,000	Townhouse	0.07	20854
9213 PAVONIA CT	4	2	1	POTOMAC		\$725,000	Detached	0.31	20854
1977 LANCASHIRE DR	4	2	1	POTOMAC		\$713,000	Detached	0.28	20854
11717 AMBLESIDE DR	4	2	2	POTOMAC		\$699,000	Detached	0.48	20854
7552 HEATHERTON LN	3	2	2	POTOMAC		\$669,000	Townhouse	0.09	20854
7618 CODDLE HARBOR LN	3	3	1	POTOMAC		\$659,000	Attach/Row Hse	0.08	20854
11816 ENID DR	4	4	0	POTOMAC		\$655,000	Detached	0.21	20854
11 STONEPATH CT	5	3	1	ROCKVILLE		\$655,000	Detached	0.24	20854
11424 BEDFORDSHIRE AVE	4	2	1	POTOMAC		\$649,000	Detached	0.24	20854
12208 SAINT JAMES RD	4	2	1	POTOMAC		\$644,000	Detached	0.43	20854
1749 CRESTVIEW DR	4	2	1	ROCKVILLE		\$644,000	Detached	0.26	20854
8213 JEB STUART RD	4	2	1	POTOMAC		\$640,000	Detached	0.22	20854
8616 ATWELL RD	4	3	0	POTOMAC		\$630,000	Detached	0.32	20854
12029 COLDSTREAM DR	4	2	1	ROCKVILLE		\$615,000	Detached	0.47	20854
17 BENTRIDGE CT	3	2	2	POTOMAC		\$550,000	Townhouse	0.05	20854
7944 INVERNESS RIDGE RD	3	3	1	POTOMAC		\$513,000	Townhouse	0.06	20854
11019 CANDLELIGHT LN	3	2	1	POTOMAC		\$412,000	Townhouse		20854

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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.

OPEN ENROLLMENT

Volunteers Needed. Montgomery County has helped thousands of residents get enrolled. Now that the closing date (Feb. 15) is approaching, they're expecting activity to ramp up even more. Make a difference by helping reduce the number of uninsured in Montgomery County. To sign-up for one or more shifts on the most convenient dates and locations visit: www.signupgenius.com/go/20f094fadab28a5f58-volunteer. Contact Neeta Datt at neeta.datt@montgomerycountymd.gov.

WEDNESDAY/JAN. 28

ILove iPad. 10-11:45 a.m. at Live and Learn Bethesda, 4805 Edgemoor Lane, Bethesda. \$50. Register at liveandlearnbethesda.org or call 301-740-6150.

Pain Connection Speaker Series. 1-2:30 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Neil Goldstein, Painless Puzzles author, “Regrow Gray Brain Matter through Acrostic Puzzles.” For anyone with chronic pain, family members and/or professionals. Call 301-231-0008 or visit www.painconnection.org.

FY16 Operating Budget Public Forum. 7 p.m. at Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane. Call 240-777-6507.

THURSDAY/JAN. 29

An Inside Look into Islam. 10:30 a.m.-noon at Live and Learn

Bethesda, 4805 Edgemoor Lane, Bethesda. \$15. Register at liveandlearnbethesda.org or call 301-740-6150.

The Trial of Oscar Wilde. 1-2:30 p.m. at Live and Learn Bethesda, 4805 Edgemoor Lane, Bethesda. \$15. Register at liveandlearnbethesda.org or call 301-740-6150.

WEDNESDAY/FEB. 4

Volunteer Open House. 9:30-11 a.m. at 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 providing money management support. For more information and to RSVP, contact Mary Murphy at mary.murphy@seniorconnectionmc.org or 301-942-1049.

WEDNESDAYS/FEB. 4-MARCH 25

Deaf Adults Relationship Therapy Group. 5 p.m. at JSSA, 200 Wood Hill Road, Rockville. This eight session group is for adults 25 and older to share joys and sorrows, hopes and fears, coping mechanisms, and strategies for improving relationships. \$75 per session. (May be insurance reimbursable) The group meets from February 4 – March 25 at 5:00 pm. Pre-registration is required to attend. Email lkatz@jssa.org.

THURSDAY/FEB. 5

Public Meeting. 7-8:30 p.m. at Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo. Chesapeake & Ohio Canal National Historical Park (C&O Canal) is inviting the public to comment on proposed entrance and other fee increases. Fees collected at the park are critical to the park's operation,

and 100 percent of the fees collected at the C&O Canal are invested in park projects. To provide written comments on the proposed fee increases, go to: <http://parkplanning.nps.gov/cocanalfees>. The public has the opportunity to comment on the increases for a 48-day period ending on Feb. 22.

SUNDAY/FEB. 8

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents political analyst and Washington Post columnist E.J. Dionne. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

SEE BULLETIN, PAGE 7

NEIGHBORHOOD OUTLOOK



Business success in Potomac depends on the quality of service.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Local businessmen note that changes in retail have affected Potomac's charm.

Experts Say Rents Shape Business Mix

FROM PAGE 3

succeed," said Greenberg. "Potomac parents have extra money and will be willing to pay for the convenience of dropping their kids off, letting them get the help they need and then be back at home in five minutes."

Of his own decades-old business in Potomac, Greenberg says, "We're working on a game plan to stay current and to refresh the look and feel for the Potomac location. We're a family-friendly pizza and sub shop. We're not trying to be something we're not."

In today's super expensive real estate, it's a numbers game," he continued. "Businesses need to make X number of dollars to succeed. There was a time when if business



was slow or if there was a problem, the [building] owners would work with you. Nowadays, if you do the business, they keep you there. If you don't, they find someone else."

That's why chains are prevalent in the area: They are usually able to stay afloat during short periods when sales are low. "A big company like Chipotle can still pay the rent even if they don't make their numbers," said Greenberg.

Retail chains are adept at coping with the ups and downs of the business cycle.

LOOKING AHEAD

POTOMAC VILLAGE

Potomac's Master Plan sets the parameters for growth, development and land use in Potomac. It was last revised in 2002.

One area that saw little change in the master plan was Potomac Village, the multiple shopping and business areas near River and Falls roads. But on retiring late last year, Potomac's lead planner, Callum Murray said he wouldn't be surprised if there a move to revisit the land use in Potomac Village sometime soon. Such a request would likely call for increased density, mixed use including residential, underground parking and development much closer to the street, Murray said.

Such a move could be constrained by environmental concerns, because the headwaters of Rock Run, a tributary of the Potomac River, runs from several places in the village, including next to the Giant parking lot.

Ginny Barnes and others said that West Montgomery County Citizens Association would likely oppose increased density and underground parking in the Potomac Village area.

But developing a more pedestrian-friendly Potomac Village would be appealing for many.

If such a proposal were to come forward, it would be years in the making.

NEW RESIDENTIAL UNITS

Potomac had 788 unbuilt residential units in the pipeline as of January 2013, most of those condos planned at Park Potomac and Quarry Springs.

Park Potomac, a self-described "urban village" at Seven Locks and Montrose roads at the edge of Potomac with access to I-270, with low-maintenance, high-end condos, townhouses and apartments. This pedestrian-focused, mixed-use community includes Class A office space, fine dining and casual restaurants, boutique shopping plus a Harris Teeter grocery store.

Quarry Springs is a high-end condominium community currently under construction on River Road near the Beltway. Floor plans range from 2,200 to over 4,500 square feet.

The site was until recently an operating quarry, Stoneyhurst Quarry, opened in 1924.

The mica schist taken from the quarry can

be found in Washington-area homes, bridges and churches, including the National Cathedral.

ROCKWOOD MANOR

Rockwood Manor is a county park, part of the enterprise division, on MacArthur Boulevard, with the manor house managed as an event center, including weddings, corporate meetings, etc. Park staff began a project to study and address the width of the entrance driveway, which does not allow two-way traffic and has been problematic for the facility for many years, and have now developed a plan to address many elements of the park, without planning to change or increase programs there.

For questions about planning & design: Aaron Feldman aaron.feldman@montgomeryparks.org 301-560-2887 For questions about maintenance & operations: Shelley Fisher shelley.fisher@montgomeryparks.org 301-563-7501 For more information about Rockwood Manor: www.montgomeryparks.org/event_centers/rockwood.shtm 301-563-7510.

BULLETIN BOARD

FROM PAGE 6

MONDAY/FEB. 9

Chronic Pain Support Group. 1-2:30 p.m. at the Pain Connection offices, 12320 Parklawn Drive, Rockville. For anyone with chronic pain, their family and friends. Participants are welcome to bring pillows, mats, ice or hot packs to be comfortable. Call 301-231-0008 or visit www.painconnection.org.

WEDNESDAY/FEB. 11

Volunteer Training Session. 10 a.m.-noon at the Jewish Council on the Aging, 12320 Parklawn Drive, Rockville. Training sessions for volunteer drivers and grocery shoppers. For more information and to apply, contact Mary Murphy at mary.murphy@seniorconnectionmc.org or 301-942-1049.

Winter Speaker Series. 5:30-7 p.m. at the Planning Department headquarters, 8787 Georgia Ave., Silver Spring. The Montgomery County Planning Department is hosting the fourth session in its Winter Speakers Series. The Feb. 11 session, "Creating and Sustaining the County's Agricultural Reserve," traces the 35-year effort to protect the rural area and the working farms of upper Montgomery County. Visit www.montgomeryplanning.org/departments/onceandfuture for more.

How to De-Stress Your Family Workshop. 7:15-8:30 p.m. Har Shalom ECEC, 115 Falls Road, Potomac. Join as Elizabeth DuPont Spencer, LCSW-C, co-author of the "Anxiety Cure for Kids - A Guide For Parents," therapist and presenter provides insight about stress and teaches how to make simple changes in thinking and life. www.ccl-md.com.

WINTER FUN

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

“Circus.” Through Sunday, Feb. 15 at The Puppet Co., Glen Echo Park, 7300 MacArthur Blvd. In grand circus tradition, the “Grandest Show on Strings” features a collection of clowns, death-defying acrobats, and an amazing menagerie of fauna from the farthest reaches of the globe. Many of the acts were built more than 50 years ago by Christopher’s parents for “Len Piper’s International Marionette Circus.” Visit www.thepuppetco.org to learn more and purchase tickets.

“Whimsical.” Through Feb. 15, Saturdays and Sundays noon-6 p.m. at the Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents “Whimsical” a two-person show featuring the work of Pam Rogers and Len Harris. Len Harris’ wood sculptures use sensuous ribbons of wood to define the compositions. Pam Rogers’ abstract organic watercolors are informed by her sculptural work. Together, the two artists complement one another. Visit www.glenechopark.org or call 301-634-2222.

“A Day at the Pool.” Through Feb. 23 at Photoworks Gallery at Glen Echo Park, 7300 MacArthur Boulevard, Glen Echo. “A Day at the Pool” depicts the anxiety that underlies a mother’s love. Na’ama Batya Lewin is a photographer and video artist living in Maryland. Her art often explores the roles of women in society. Lewin has served as adjunct faculty at the Corcoran College of Art and Design for 11 years. The Gallery is open Saturday, 1-4 p.m.; Sunday, 1-8 p.m. and any time a photography class is underway. Visit www.glenechophotoworks.org for more.

“Jewels” by Wayson Jones. Through March 1, Saturdays and Sundays, noon-6 p.m. at the Stone Tower Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents “Jewels” by Wayson Jones. The exhibition showcases original paintings and collages. The work includes abstract, minimal landscapes that can be viewed from a dual perspective: the horizon line seen from a normal view shifts to become a shoreline or border as seen from the air. Visit www.glenechopark.org or call 301-634-2222.

The Silk Work of Diane Tuckman. Through March 1, Monday-Saturday, 10 a.m.-6 p.m. at Park View Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents a solo exhibition featuring the work of silk painter Diane Tuckman. Her pieces are full of color and can be displayed or worn. Visit www.glenechopark.org or call 301-634-2222.

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. Beginner swing dance lesson at 8 p.m., followed by dancing until midnight. Admission \$16-\$18, age 17 and under \$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. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 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.

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 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 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.

Glen Echo Pottery. Through December, Saturdays and Sundays,



“Night Shift,” by Fred Zafran.

“Swimming Hole,” circa 2009, by Elsie Hull Sprague.

Photoworks: Presence of Place

Forty years ago, in a derelict building hidden among the abandoned amusement park rides of Glen Echo Park, four young photographers founded Photoworks with little more than a shared passion for the daily work of seeing, shooting, and printing images of lasting beauty and artistic integrity. “Photoworks: Presence of Place” features works by past and present members of the Photoworks community, faculty and students who have distinguished themselves. This exhibition is in memory of Elsie Hull Sprague, an artist with a MA in Film from the School of Communication, American University. “Photoworks: Presence of Place” runs through Sunday, March 15 at **American University Museum**, The Katzen Arts Center, 4400 Massachusetts Ave., NW

Washington, D.C. A gallery talk with Photoworks artists and Museum Director Jack Rasmussen takes place Saturday, Jan. 31, 4 p.m. Visit www.american.edu/cas/museum or www.glenechophotoworks.org for more.

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

Nature Camp. Audubon Naturalist Society members can register online at anshome.org/camp for this year’s summer nature camps starting Saturday, Jan. 24, 9 a.m. For non-members, registration opens Friday, Jan. 30, 9 a.m. Weekly summer camp sessions at Woodend run from June 15-Aug. 14, with camps for all ages. Registration continues until the first day of camp as slots are available. Visit anshome.org/camp for more.

The Joys of Color: Acrylic Painting. 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Mondays, Jan. 12-Feb. 2. Four sessions with instructor Nurieh Mozaffari. \$150. Visit www.visartscenter.org or call 301-315-8200.

Collage Workshop. 7-9:30 p.m. at VisArts, 155 Gibbs St., Rockville. Tuesdays, Jan. 13-Feb. 3. Four sessions with instructor Nurieh Mozaffari. \$120. Visit www.visartscenter.org or call 301-315-8200.

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.

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.

FRIDAY/JAN. 30-SUNDAY/MARCH 8

“Petite Rouge, A Cajun Red Riding Hood.” Through Sunday, March 8 at Adventure Theatre MTC, Glen Echo Park, 7300 MacArthur Blvd. Take a toe-tapping trip to the bayou in this family-friendly, Zydeco-driven musical soaked in N’awlins hot sauce. Based on the classic fairy tale and adapted from the book by Mike Artell and Jim Harris, a red-hooded duckling named Petite Rouge and her sidekick cat lead the Big Bad Gator on a wild “duck” chase through New Orleans and Mardi Gras. Will they make it to Grandmere’s house with a basket full of Cajun goodies? Visit www.adventuretheatre-mtc.org.

SATURDAY/FEB. 7

Pike & Rose Audio-Visual Arts Festival. 6 p.m.-2 a.m. at 11580 Old Georgetown Road, North Bethesda. The first-ever Pike & Rose audio visual arts festival will include “performances and site-specific installations by artists convened from Washington D.C., Baltimore, New York, Boston and abroad, creating a multi-sensory environment to explore and experience.” The event will be on the sixth floor of a yet-to-be-filled office building. Free but requires an online RSVP. Visit www.pravafest.org.

Swing Workshop. 6:30-8 p.m. in the Back Room Annex, Glen Echo Park, 7300 MacArthur Blvd. Preceding the dance with Josh and Good Old Stuff. Workshop is for experienced dancers who have a solid foundation in six-

and eight-count Jitterbug and Lindy Hop patterns and is not suitable for new dancers. \$15 for just the workshop in the Back Room Annex, 6:30-8. Attend both the workshop and the evening dance, 9 p.m.-midnight, \$25. No pre-registration. Cash, check and credit card payment accepted. Visit www.glenechopark.org or call 301-634-2222.

Washington Conservatory 2014-15

Piano Plus! Concerts. 8 p.m. Westmoreland Congregational United Church of Christ, 1 Westmoreland Circle, Bethesda. Cellist Danielle Cho will perform as part of the Washington Conservatory Piano, Plus! concert series. Following the concert, the audience is invited to a wine reception and question and answer session Cho in the lower level social hall. Free (pay-as-you-can, donations welcome). Visit www.washingtonconservatory.org or call 301-320-2770 for more.

“Extreme Chopin” Project. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Pianist Brian Ganz celebrates the halfway point in his Extreme Chopin project with a fifth all-Chopin recital in partnership with the National Philharmonic. This next installment in Ganz’s venture to perform approximately 250 works by Chopin will feature “The Art of the Mazurka” – Polish folk dances that originated near Chopin’s native Warsaw. Children 7-17 admitted for free. No charge for parking. For more information or to purchase tickets visit nationalphilharmonic.org or call 301-581-5100.

SUNDAY/FEB. 8

Film Screening: “Ilo Ilo.” 10 a.m. at Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Cinema Art Bethesda will be screening “Ilo Ilo” (Singapore 2013; in Mandarin, Tagalog and Hokkien with English subtitles), winner of the Golden Camera at the Cannes international Film Festival (2013). \$15; includes post-screening discussion, coffee and bagels. Visit cinemaartbethesda.org or call 301-365-3679.

SEE WINTER FUN, PAGE 11

WINTER FOOD

Healthy, Hearty Food for the Season

Local chefs and nutritionist share their favorite tips for cooking healthy comfort food.

BY MARILYN CAMPBELL
THE ALMANAC

Hearty comfort food doesn't always get the respect nutritionists say it deserves. That's because the image that often comes to mind is artery-clogging, fat-laden fare, but it doesn't have to be that way. And let's face it, when temperatures barely crawl high enough to melt ice on the sidewalk, a dinner of arugula and pine nuts drizzled with olive oil falls flat.

"We really need to eat differently today than July 1. Salad, salad, salad is not going to work when it is freezing, freezing, freezing," said Janet Zalman of the Zalman Nutrition Group. "The first thing that people need is something warm."

Instead, opt for seasonal produce and hearty dishes that have been transformed into healthier versions of their former selves, such as brown rice with beans, which Zalman suggests topping with chicken, low-fat cheese or tofu.

Think whole grains and root vegetables that have been roasted and baked. When cooked properly, winter fare is brawny, flavor-infused

and nutritious.

"I start at breakfast with an egg-white frittata with turkey sausage, peppers and asparagus," said Randy Johnston, chef instructor at The International Culinary School in Arlington, Va.

Consistency plays a role in the winter meal plan. "In winter, I like foods with buttery textures, like squash. I also like grain carbs that keep you warm and are hearty," said Moreno Espinoza, executive chef at Wildfire in McLean, Va. "I also like the full flavors of winter vegetables [like] parsnips, root vegetables, turnips and sweet potatoes."

"In winter, it's all about roasting, baking and braising," Espinoza added. "I like to keep the oven going."

Zalman's go-to winter preparation method for vegetables is to coat them with olive oil and sprinkle them with pepper and fresh herbs before roasting.

"If you don't have time to roast, you can also steam them and then sauté them in olive oil," she said. "They caramelize and have more flavor and it's a thousand times more satisfying than steam alone."

One of the keys to a healthy winter meal is making sure it appeases a ravishing cold

weather appetite. "Adding a healthy starch like sweet potatoes, brown rice or quinoa will give it body," said Zalman. "You'll be more satisfied than if you ate a salad for dinner and then snacked on cookies and candy for the rest of the night."

"I make savory kale or collards," said Johnson, who also produces a line of gourmet food and sauces called NRJ Spice.

"I find soups very satisfying in winter, [especially] vegetable and lentil soups," said Espinoza. "And I love a good roast chicken when it's cold out."

For those without the time or desire to prepare dinner, Zalman recommends a slow cooker, although she cautioned the countertop appliance often needs a little help to produce flavorful and exciting meals.

"There are lot of ways that you can add liquid that isn't bland," she said. "You want sauces that are low in saturated fat, but that have a lot of flavor. Try chicken broth, vegetable broth, low sugar tomato sauce, even wine mixed with the chicken broth."

For a warm, sweet treat after dinner (or any time), "I always recommend people make real hot chocolate," said Zalman. "By real, I mean unsweetened coco powder, low fat milk and a sweetener like Stevia and Splenda. Heat it on the stove the old-fashioned way. It gives you all those feel good-brain feelings, but for only 100 calories."



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Be Part of The February Pet Connection

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 18.

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EMPLOYMENT

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Traffic Caught



By KENNETH B. LOURIE

If I were writing this column in Massachusetts – where I was born and mostly educated (K-12), and had a thick Boston accent, that's how court would likely be pronounced; changing a noun into a verb. But I'm not in Massachusetts. I'm in Maryland, and the traffic court to which I semi-refer is in Virginia, so I'm not "accenting" any "misannouncing," I'm merely invoking a bit of literary licensing and a double entendre of sorts, in advance of my twice-delayed court appearance, scheduled yet again for this Friday, January 30; and hoping for the feather while ever mindful of the hammer.

Transgression-to-date, the administrative office staff serving the Alexandria Traffic Court has been extremely reasonable in responding to my scheduling challenges. Due to my ongoing treatment for lung cancer, which mostly consists of every-three-week chemotherapy infusions, (same day, same center), every-three-month face-to-face appointments with my oncologist (same doctor, same center) and an every-three-month diagnostic CT Scan (same center; for luck, of course), I am not always in control of my schedule/availability. Moreover, given the nature and timing of these appointments (generally scheduled weeks/sometimes months in advance), especially infusions, which should occur on the same day (my day is Fridays) every three weeks to keep the cycle/protocol where it is supposed to be – meaning not subject to change if at all possible – I am beholden. And as it relates to my "case," the officer who ticketed me back in November is only in court on Fridays; ergo, the potential for trouble and the need for understanding.

Now, my infusion schedule may change, even though I said it doesn't. And it changes – without my control (but with my knowledge) – when certain levels measured in my pre-chemotherapy lab work (completed the Wednesday before the Friday infusion) are either too high or too low. When this occurs, my infusion is delayed a week to allow my body to recuperate, while a retest is planned for the following week/Wednesday when the same too-high or too-low potential exists and another week's delay is possible (this fifth week infusion has occurred once – mostly the delay has been to a fourth week – nevertheless, the potential exists). This is my routine and it is prudent that delays in my treatment occur to allow certain major organs in my body to not be any more collaterally-damaged than they already have been. Such is my life and I'm glad to live it.

However, this unpredictability can cause problems, since it takes precedence over any other appointments, as it has twice already with the Alexandria Traffic Court. Typically, I won't know my availability until the day before the actual infusion is scheduled (and coincidentally, the day before my scheduled traffic court appearance as well), so I really have no notice to provide; I am a victim of my own circumstances. But this Friday, Court will finally see me in person. No more excused absences – as reasonable and necessary as they have been. It will be time to pay the piper (hopefully not). Planning forward then, should I bore the Court with an abbreviated version of this column, appealing to their generosity of spirit, or shall I just admit my mistake, take my punishment like a man and get on with life? After all, I may not exactly be on borrowed time, but I'm not naive enough to think my clock isn't ticking.

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

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Churchill's Karim-Duvall Reaches 1,000 Points

Senior scores 21 points in win over Walter Johnson.

BY JON ROETMAN
THE ALMANAC

Japria Karim-Duvall had her doubts whether she would reach 1,000 points as a member of the Churchill girls' basketball team.

In the early stages of her senior season, No. 25 actually felt she had regressed. But as time passed, Karim-Duvall improved, the Bulldogs started winning and the possibility of a career milestone became evident.

"At first I didn't think I was going to be able to get to 1,000 at the beginning of the season," Karim-Duvall said. "It didn't cross my mind that I was close enough. ... I think in the beginning of the season, personally, I didn't feel like I was playing as well as I should have been. ... I was kind of in a funk. It was frustrating."

Karim-Duvall entered Churchill's Jan. 22 contest at Walter Johnson needing 20 points to reach 1,000. After scoring seven points in the first half, she followed with 14 in the second, reaching 1,000 points with a free throw late in the fourth quarter.

Karim-Duvall said she enjoyed reaching the milestone at the free-throw line, rather than with a jump shot or a layup.

"Being at the free-throw line, it gave me the chance [to take in the moment]," Karim-Duvall said. "I got to see my family and everyone in the crowd react and respond."

Reaching 1,000 points was part of big



Churchill's Japria Karim-Duvall scored 21 points against Walter Johnson on Jan. 22, surpassing the 1,000-point mark for her high school career.

week for Karim-Duvall. On Tuesday, Jan. 20, she scored 21 points and knocked down a pair of 3-pointers during a 62-57 victory against defending region champion Magruder. Two days later, she scored 21 points and made four 3-pointers during a 60-48 win over Walter Johnson — the Bulldogs' first win at WJ during Karim-Duvall's career. The following night, Churchill beat Springbrook 65-43 and Karim-Duvall finished with 18 points and four 3-pointers.



The Churchill girls' basketball team celebrates Japria Karim-Duvall reaching 1,000 career points on Jan. 22.

"The accomplishment [of scoring 1,000 points] is really crazy," Churchill head coach Kate McMahon said. "I don't think that it's something that every four-year varsity player can do. When you look at the numbers you have to average over your four years, it's rare."

What makes Karim-Duvall a potent scorer?

"Each year, I think that Japria has added a different element to her game," McMahon

said. "As a freshman, she still stood out but she relied on moves to basket. As a sophomore, she got a little bit stronger and was able to rebound and go up. Last year, she started showing her range and free-throw shooting.

This year, she's one of the best 3-point shooters in the county."

Churchill is 10-4 after a 5-0 start to 2015. The Bulldogs will host Damascus at 7 p.m. on Wednesday, Jan. 28.

Bone Builders Classes Seek Volunteer Teachers

FROM PAGE 4

mass through the exercises we do," said Phyllis Elperin, the coordinator of Bone Builders, said.

Bone Builders is a one-hour daytime class held twice weekly to help residents 55 and older prevent and slow the development of osteoporosis and maintain or increase their bone density.

Osteoporosis causes bones to become thin and more easily broken — particularly the bones in the hip, spine and wrist. The disease can affect anyone, men or women, but it is most often found in women over the age of 50. Thin, small boned, sedentary women are more at risk.

"It is a silent disease, and most people do not know they have it until they get tested or they break a bone," Elperin said. "About 80 percent of those at high risk are neither identified nor treated."

The class combats osteoporosis and loss of bone density by using balance and weight training. Students use light dumb bells and leg cuffs and slow repetitions to target certain muscles in order to stimulate bone growth in those areas of the arms, hips, spine, and shoulders.

Bone Builders has 21 twice-weekly classes

in 15 sites throughout the county. Last year they had more than 350 people enrolled ranging in ages from 55 to 95 years old. In the coming year they are hoping to teach in four more locations.

"We have a huge demand for the program in the county especially in the Potomac area where we have waiting lists all the time. What we are needing is to find more people to teach because there is such a demand for the classes," she said.

Elperin has been teaching the class for four years. She was initially attracted to the program after finding out that she had osteoporosis at age 55 when she went to her doctor for a bone scan.

"The program helps not only the students, but also the teachers. I'm a prime example. Many of the teachers have expressed that this has been the best volunteer experience they've ever had because the people who take the class are so grateful and thankful that they have this opportunity," she said.

Many of Elperin's students tell her that simply being in class motivates them to do these weight bearing and muscle strengthening exercises.

There are many reasons individuals join the classes, but they all come because they

are concerned about maintaining their bone density Bone Builders originated as evidence-based classes at Holy Cross Hospital after a woman named Ginny Gilbert brought the program to Montgomery County. It is based on the bone density and weight training research done at Tufts Uni-

versity.

A year or two after Holy Cross stopped the program, Shawn Brennan with the Montgomery County Department of Health and Human Services and the Aging and Disability Services resurrected the program in 2006. It started with four classes.

WINTER FUN

FROM PAGE 8

THURSDAY/FEB. 12

Comedy Fundraiser. 7:30 p.m. at the Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Evening of Comedy to benefit seven Jewish community organizations dedicated to providing the best quality of life to individuals with disabilities. For adults 21 and older and includes a bar reception at 6 p.m. (ID required). Comedians will take the stage at 7:30. Dietary laws will be observed. Ticket prices start at \$36 per person with special discounted rates for groups of 4 or more. \$40 at the door. Visit <http://mclivecomedy.blogspot.com>.

SATURDAY/FEB. 14

Valentine's Day Red Dress Ball. 8 p.m.-midnight, in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd. Come

celebrate Valentine's Day at Flying Feet's Red Dress Ball featuring the Eric Felten Jazz Orchestra. The night begins with a Swing lesson from 8-9 p.m. with Marc Shepanek and Ellen Engle, followed by dancing to Eric Felten from 9 p.m.-midnight. \$18. Visit www.glenechopark.org or call 301-634-2222.

FEB. 21-MARCH 15

"Out of Nothing." Through March 15, Saturdays and Sundays, noon-6 p.m. at the Popcorn Gallery, Glen Echo Park, 7300 MacArthur Blvd. Glen Echo Park Partnership presents "Out of Nothing," curated by Blair Anderson, director of resident artist studio SilverWorks, and Michael Edwards, curator with The National Art Gallery of the Bahamas. The exhibition highlights work emerging from the Bahamas and marks the first year of an ongoing cultural exchange. Visit glenechopark.org.

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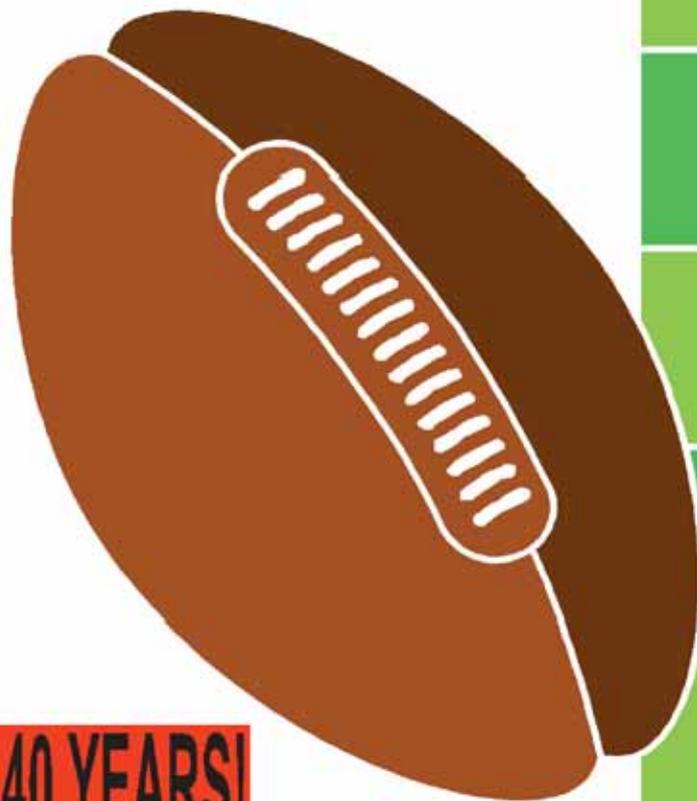
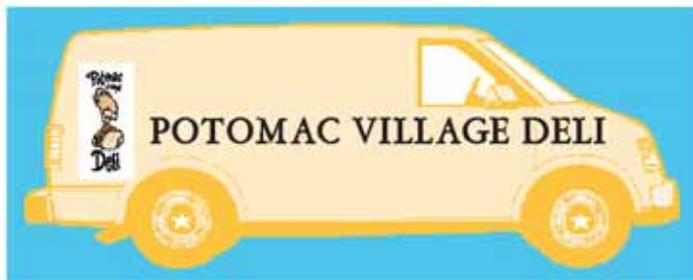
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