

Potomac ALMANAC

WELLBEING

PAGE 9

Thanksgiving Day Fox Hunt

By far the youngest rider in the Potomac Hunt field on Thanksgiving Day was 5-year-old Brynn Miller who was accompanied by her mother, Joanne Moszoly.

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PHOTO BY CISSY FINLEY/THE ALMANAC

DECEMBER 2-8, 2015

ONLINE AT POTOMACALMANAC.COM

NEWS

Center Hosts Craft Show

More than 50 local artisans to exhibit their work.

BY SUSAN BELFORD
THE ALMANAC

The 9th annual Clara Barton Center Holiday Craft Show is an opportunity to shop for imaginative holiday gifts. The show is taking place this Sunday, Dec. 6 from 1-5 p.m. at the Clara Barton Community Recreation Center, located at 7425 MacArthur Blvd, Cabin John. The show exhibits more than 50 local artisans who live in the community. Even the honey comes from Bethesda bees. The event will feature jewelry, glass, fiber arts, pottery, ornaments, wood crafts, hand knit sweaters, paintings, prints, photography, books by local authors, soaps and lotions, cookies, honey and more. Parking and the show are free.

Mark and Dominique Agnew from Thistle Thickets Farm in Boyds will be debuting their hand-crafted goat milk soaps, lip balm and other goat products including goat-themed note cards created by the couple's daughter.

"Our goat's milk comes from our pasture-raised, friendly oberhasli goats. We strive



PHOTO CONTRIBUTED

Shirley Hendel's fused glass will be on sale at the Clara Barton Craft Show. She will explain her process in making fused glass. Above, "Nana's Garden."

to find the best oils to make the soaps and only essential oils (no perfumes) to scent them," Dominique Agnew said. Their scents include "Meadow Breeze" (lavender and lemongrass), "Mint Frappe" (peppermint and organic espresso beans), and "Morning Melody" (tangerine, lavender and peppermint) — and many more.

They also sell ultra-lean "home-raised goat meat" off the farm, but have sold out for this year.

Potomac's Shirley Hendel will be present-

SEE CLARA BARTON, PAGE 5

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Traditional Thanksgiving Day Fox Hunt at Montevideo

And recalling “Kip” Kiplinger.

BY CISSY FINLEY GRANT
THE ALMANAC

“I opened my front door this morning and there was a fox on my front porch,” Irvin “Skip” Crawford said. Ironically, “Skip,” a Joint Master of Foxhounds (jtMFH) of Potomac Hunt was addressing members of Potomac Hunt who had met for the 10 a.m. annual Thanksgiving Day hunt at Montevideo, the historic River Road home of the late Austin H. “Kip” Kiplinger.

“Kip used to call and tell me, ‘There are foxes in the field this morning. You will have a good hunt.’ He was right.” Austin Kiplinger loved horses, hounds, fox hunting and life in the country.

“Dad began fox hunting in the 1950s,” his son, Knight Kiplinger said. “This is where he wanted to be at all times, at this house, among the surrounding fields and in the countryside.”

Knight included these memories while welcoming approximately 60 hunting members astride and an equal number of “hill toppers,” those who follow the hunt on foot, or on country roads, in cars.

Although “Kip” Kiplinger died Nov. 20, at age 97, six days prior to the Thanksgiving Day hunt, his presence was everywhere. An avid foxhunter, he not only enjoyed the thrill of the chase, but the camaraderie of his fellow admirers of horses and hounds. For this occasion his family had placed around the front driveway circle at least a dozen blown up color photographs of Kiplinger astride, in hunting attire, and in numerous instances talking with other members at a hunt meet at Montevideo when the traditional “stirrup cup” is served.

Knight Kiplinger, his wife, Ann, children and grandchildren and great-grandchildren were all there, the latter including 8-day-old Callan Ford Kiplinger, snuggled in the arms of his mom, Eliza Kiplinger.

Following the traditional “Blessing of the Hounds” delivered by the Rev. Kerry



Knight Kiplinger shows one of the photos taken of his father at an earlier Potomac Hunt Thanksgiving Day meet at their home. The life of his father, Austin, will be celebrated at the Kennedy Center Concert Hall, at 1 p.m. on Dec. 11. Austin Kiplinger 97, died Nov. 20.



Charlotte Roberts offers Irvin “Skip” Crawford, jtMFH, the “stirrup cup,” a traditional part of a formal Potomac Hunt meet. The name derives from the practice of serving above the stirrup.

Stoltzfus, a guest minister at the Boyd’s Presbyterian Church, Potomac huntsman Brian Kiely blew a loud and clear “Gone Away,” the signal to the hounds it was time to get down to business.

Kiely is in his first season as Potomac’s huntsman. An Irishman from the “Old Country” with quite a noticeable brogue, he stepped into the stirrups of Larry Pitts. Pitts retired following 35 years as Potomac’s huntsman during which time he amassed dozens of hound trophies, including “best pack,” when competing at hound shows throughout the east coast and beyond.

To quote Stoltzfus it really was a day of “The beauty of the earth, the glory of the skies” as the huntsman led a pack of glistening lemon and white American foxhounds away from the entrance of the Kiplinger home, across their fields and into the woods. If that sounds like going to Granma’s house, they weren’t! Shortly thereafter hounds struck a line in the woods directly behind Kiplingers.

The unseasonably dry, 62-degree weather did not provide for ideal foxhunting. Hounds have difficulty following a fox’s scent on dry ground. It wasn’t until after another hour of hunting that



Gus Smith, the grandson of Potomac Hunt member George Abramowitz, made friends with a Potomac Hunt hound before “Gone Away” called this friendly hound to work.



Camille Crawford Finley was grounded for the Thanksgiving hunt due to an injured shoulder she suffered when her horse did a “Wheelie,” unceremoniously putting his rider on the ground. Camille holds one of the several figurines that decorated the “stirrup cup” table.



The family of the late Austin H. “Kip” Kiplinger gathered at the Kiplinger River Road home, “Montevideo,” for the annual Potomac Hunt Thanksgiving Day meet. His son, Knight Kiplinger, holds one of several enlarged photos that were shown commemorating the hunting days of his father. From left are: Heidi Stucker, Sutton Kiplinger, Dave Steadman, Daphne Kiplinger, Knight Kiplinger, his wife, Ann, their son Bringham holding year-old Nate, and Bringham’s wife, Eliza, with 8-day-old Callan Ford Kiplinger.

hounds “gave tongue,” picked up a scent and chased “Reynard” from the Partnership Road race course, crossed behind Kiplinger’s barn area, went across Montevideo Road, ducked into a densely wooded area and went to ground, just in time. Giving thanks.

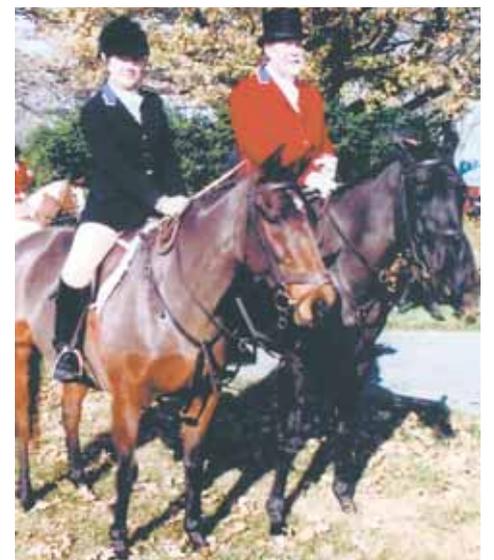
“When we passed by Kip’s back yard, I turned around and said to Sam McGrath, ‘Take over,’” Vicki Crawford, jtMFH, confessed. “I rode fast to my trailer parked in the field, and ditched my vest. It was just so hot,” she said.

It was good timing for Crawford. “Ten minutes later hounds appeared running right toward where I was. I was right back with them when they denned the fox,” she said.

By then, it was early afternoon and thoughts of many drifted toward preparations for

Thanksgiving dinner with family and friends. Many hunters had bailed out and headed for their trailers. “Some people were out for only an hour. It was just too hot for them,” Crawford said.

However, she wasn’t the only one planning ahead. “Skip and I had 25 for dinner,” she later explained. “Everyone brought things. I did the turkey,” she offered. That must have been one big bird.



Representing her family’s third generation of Potomac Hunt foxhunters, Helena Hanson wore her grandmother’s hunt coat which shows the blue and gold collars of the hunt. Her grandmother, JoAnne Hanson, was an honorary whipper-in for Potomac Hunt. Helena is pictured with her father, Tim Hanson.



Potomac Hunt’s champion lemon and white American foxhounds.

Perhaps the fox her husband, “Skip,” mentioned seeing that morning on his front porch, when he opened the door, was also looking for a turkey. They’re sly, you know.

PHOTOS BY CISSY FINLEY GRANT/THE ALMANAC

PHOTO BY RUSTY MORGAN

Addressing School Overcrowding — Together

Montgomery County Council President George Leventhal, Education Committee Chair Craig Rice and District 1 Councilmember Roger Berliner joined County Planning Board Chair Casey Anderson in writing to Montgomery County Public Schools to ask about the school system's plans to address future capacity needs in the Bethesda-area school clusters of Bethesda-Chevy Chase, Walter Johnson and Whitman high schools:

To Interim Superintendent Larry A. Bowers:

In light of the capacity challenges Montgomery County Public Schools (MCPS) has faced in recent years, we were encouraged to see that the school system's proposed new capital budget not only requests increased funding but also includes a set of supplemental recommendations to address overcrowding. We applaud your leadership in proposing

ideas such as paired schools, the reopening of closed schools, and redistricting as potential solutions to capacity constraints.

No solution will be easy, but we believe that some combination of the steps you have identified is likely to be necessary to address the county's anticipated school needs.

The County Council, the Planning Department, and the Parks Department are all eager to strengthen our working relationship with MCPS. Our coordination on area land use plans is essential to ensuring that our community can meet its needs for job creation and housing as well as maintain the quality of our public schools.

As you know, the increasing strain on our school facilities over the past few years has made discussions about future growth in the county a challenge.

An important part of instilling trust in our planning efforts is demonstrating our collaboration by providing residents with tangible solutions for future students.

To that end, the Planning Board and Council would like MCPS to provide viable options for addressing capacity as master plans are drafted, even in cases where additional capacity is not required within the time horizon of the current capital budget cycle. These options for medium-to-long term school capacity are especially important in the Walter Johnson, Whitman, and Bethesda-Chevy Chase clusters, where redevelopment interest is strong and land is scarce.

As we move forward with plans for the future of communities served by these school clusters (such as the Westbard,

Downtown Bethesda, Greater Lyttonsville, Rock Spring and White Flint II master plans), we need the support and assistance of MCPS in developing specific and achievable recommendations for school capacity in each area where development is anticipated.

We look forward to working closely with you and your staff during our master planning process to develop solid alternatives to address anticipated growth, particularly in the southwest part of the county.

To that end, we would appreciate having the benefit of your ideas on how to provide more detailed options for meeting school capacity needs as part of the master plans currently being drafted by the Planning Board for the County Council's consideration.

Not Easy Deciding What Is the Best 'Green'

FROM PAGE 4

ery County Council's Transportation and Environment Committee likely will not meet again until mid-January. Additional time is necessary for the council and Department of Environmental Protection staff to work on policy issues raised by the committee members. Several of the policy issues have county-wide implications. One involves a proposal to designate all septic systems installed before 1975, when new standards were instituted, as per se public health problems allowing and requiring hook ups to sewer rather than replacement with septic.

BRANDYWINE SENIOR LIVING AT POTOMAC

BY SUSANNE LEE

Additional public hearings are scheduled for Dec. 3 and, if necessary, on Dec. 7 before Montgomery County Hearing Examiner Martin Grossman on this application for approval of a conditional use to construct and operate an assisted living facility in an RE-2 (2 acre minimum) residential zone at 10800 Potomac Tennis Lane in Potomac. This is the current site of the Potomac Tennis and Fitness Club. WMCCA is opposing the application in part because approval of

such a facility at this location would violate the Potomac Subregion Master Plan which restricts the location of new senior housing in the subregion to other specific locations.

BUILDING PROPOSAL FOR JUSTEMENT WOODS PROPERTY

BY NANCY MADDEN

A Preliminary Plan pre-submission meeting concerning the proposed development of the Justement Woods property at 11731 Glen Mill Road was held at the Potomac Library on Nov. 25. Dean Packard from PG Associates, Inc. provided copies of the pro-

posed plan to build two 4,500 sq.ft. "modest" colonials, each with a 3-car garage. He stated the 2.5 acre property is on city water and has passed percolation tests for two separate septic systems. The plan shows the driveway will remain as is, with one new house to be built in the location of the current house and the second house to be built in the front of the property along Glen Mill Road. He also said a public hearing regarding this proposal will be conducted by the Montgomery County Planning Board, and notices for the location, date, and time will be sent to all affected neighbors and citizen associations.

Brickyard Industrial Solar Array: A Bad Idea

FROM PAGE 4

consumption and must satisfy the same development standards as an accessory structure. (Zoning Code § 59.3.7.2). An accessory use is defined as uses that are incidental and subordinate to the principal use of a lot, site, or the principal building, and located on the same lot or site as the principal use or building. (Zoning Code § 59.3.1.3).

In sum, the proposed solar array is not permitted by the current Zoning Code. The MCPS staff have not explained how the solar project will comply with the Board of Education DNA Policy. Rather, they call Board of Education policy zoning compliance a "loose end."

The MPCPS staff have stated they expect a cost savings of \$90,000 based upon current costs. This cost saving is merely a projection – not a guarantee. MCPS has also admitted that earlier rooftop solar projects are not producing a financial profit. Yet, here we go again, projecting a cost savings that may result in financial loss for MCPS. This is what can happen when MPCPS gambles with our tax dollars.

Why should the solar vendor be guaranteed a profit and the Board of Education assume all of the financial risk? That is not responsible stewardship by our public officials.

It is our understanding that the solar proposal will require a 10-year commitment with options to renew for another 10 years. If for any reason the project needs to be terminated earlier by MCPS, there will be a substantial million dollar plus termination fee. MPCPS staff have failed to provide details of the termination fee.

The proposed industrial solar panel array would have enormous negative impact upon the Brickyard community and the property values of adjoining homeowners. This is precisely why the Zoning Code does not permit construction of huge solar arrays in residential neighborhoods. Some impacts are:

- ❖ No landscaping buffer between the highly visible industrial solar array and the existing adjoining residential homes and Brickyard Road.

- ❖ No fire access roads within the solar array for fire equipment or emergency vehicles. Solar panels will burn when struck

by lightning or if there is an electrical generating malfunction.

- ❖ No provision to reduce glare from the south facing panels especially in the morning and evening when the angle of the sun is low. This could impact traffic safety on Brickyard Road and the value of adjoining residential homes.

- ❖ No realistic provision for control of storm water runoff from more than 100,000 square feet of impervious solar panel surface.

During a MCPS public meeting regarding this project attended by more than 100 people last month, only one person raised their hand in support of the industrial solar project. MCPS are you listening to community response or are you going to continue forward with this bad idea?

We need your help. Please take a moment to voice your opposition to the MCPS solar projects before Jan. 1, 2016. Send an email to Shela Plank (Shela_Plank@mcpsmd.org) or mail to Montgomery County Public Schools, Department of Facilities Management, Attn: Shela Plank, Energy Program Manager, 45 W. Gude Drive, Rockville, MD 20850.

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.

TUESDAY/DEC. 8

Public Hearing. 11:30 a.m. at Third Floor Hearing Room of the Council Office Building, 100 Maryland Ave., Rockville. The Montgomery County Council will hold a public hearing on Expedited Bill 47-15 that would revise the life of a credit certified after a certain date; allow a credit for reconstruction of an existing road; and generally amend County law regarding impact taxes. Visit www.montgomerycountymd.gov.

WEDNESDAY/DEC. 9

Training Session: Senior Connection. 10 a.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Consider volunteering with the Senior Connection to drive seniors to medical and other appointments. Contact volunteer@seniorconnectionmc.org, call 301-962-0820, or visit www.seniorconnectionmc.org.

THURSDAY/DEC. 10

Forum: Sex Trafficking and Minors. 7-9 p.m. at The Health Sciences Center of Montgomery College-Takoma Campus,

SEE BULLETIN, PAGE 9

Clara Barton Center To Host Holiday Craft Show

FROM PAGE 2

ing her fused glass, also known as kiln-formed glass or warm glass. Hendel, an award-winning decorative painter for many years said, "Nine years ago, I discovered the possibilities for expression that fused glass materials and techniques offer and now I work exclusively in that medium." She specializes in animal-themed art as well as in geometric designs. Much of her fused glass is multi-functional; it can be hung on a wall, displayed on a stand or used as a serving piece.

For those with children who love American Girl dolls, don't miss Mary Vieira's display. She will be presenting her American Girl Doll Clothes — a hot item among the 4-12 year olds and her patchwork boxes.

While shopping for children, swing by to meet children's book authors Edward Allan Faine ("How to Cowboy") and Ann McCallum ("Eat Your History Homework") and to purchase books for the little ones. Faine has written seven children's books and also books for adults on jazz at the White House ("Ellington at the White House 1969" and "The Best Gig in Town 1969-1974.") McCallum is the author of many children's learning books including "Eat Your Math Homework: Recipes for Hungry Minds" and "Rabbits, Rabbits Everywhere: A Fibonacci



Mary Vieira will feature her original designs of American Girl doll clothes and patchwork boxes.

Tale" — books which pair math activities and recipes that children can make, creating a fun way to learn math. She has also continued the series to cover science and history activities — making the subject matter a fun experiential activity. Author Barbara Glickman, ("Capitol Splendor: the Gardens and Parks of Washington D.C.")

will present her book of photos and in-depth essays of more than 30 of D.C.'s gardens. The authors will sign the books, making each book a one-of-a-kind gift.

"The Friends of Clara Barton Community sponsor the show each year," Leslie Barden, Craft Show coordinator, said. "The funds we make from table rentals are used to sup-

port programs for the children, seniors and families who use the facility. Our craft show also includes one artisan who is raising funds to support their family foundation. The foundation, Mehnaz Fatima Educational & Welfare Organization supports a school for handicapped children in Pakistan."



Dot Procter will be selling her colorful landscapes at the show. She has been in the show since it started in 2007.

PHOTOS CONTRIBUTED

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OPINION

It's Not Easy Being Green

Or deciding what is the best "green."

BY SUSANNE LEE
WMCCA PRESIDENT

Solar – what's not to love – but wait – a private utility-scale solar facility with over 7,000 panels on the Brickyard Road school site? Those of us who attended the MCPS public information session on Nov. 17 came away shaking our heads in disbelief. Once again MCPS is

proposing a use for the site that just does not make any sense and doing so in a way that has kept the public in the dark with no meaningful way to participate in the decision making process. Several of those attending presented detailed, scathing critiques of the supposed financial benefits of the project. Even the attendees who have solar installed on their own homes were opposed to an industrial scale facility at this site. One individual who did not even live in the area came to the meeting to warn of the visual impacts of such a facility after having seen one installed in the fields near the Sandy Spring Friends School in Sandy Spring.

We look forward to learning more about the proposed facility and its potential impacts. Mark Israel, a new WMCCA board member and local organic farmer, outlines several potential environmental consequences below. The following raise important issues as well:

* MCPS issued the Request for Proposals (RFP) and selected a contractor without regard to whether the installation is allowable on the Brickyard site under current zoning and other

land use restrictions.

* The RFP did not include requirements for any kind of visual screening and the contractor selected stated they did not include any visual screening because it would have added costs and they wanted to submit a low bid.

* There may be many other more suitable sites in Montgomery County such as existing impermeable surfaces and previously contaminated sites such as Brownfields or Superfund sites.

* No public decision-making process has been established for the project, including no plans for public hearings or disclosure of underlying documents.

POTENTIAL ENVIRONMENTAL IMPACTS OF A LARGE SOLAR FACILITY ON THE BRICKYARD ROAD SCHOOL SITE

BY MARK ISRAEL

An array of solar panels covering almost all of the land surface of the Brickyard Road site of the former organic farm may have several negative impacts on the natural environment. A solar panel is an impermeable surface, and since the panels will be sloped toward the sun they will likely create much more concentrated runoff. The contractor states they will not do any grading, only digging a significant number of holes for the pylons to support the panels. This will create a large amount of loose soil also vulnerable to runoff.

It will be very difficult to control plant growth beneath the panels. Mowing under low panels is difficult and costly. There are six aggressive vining weeds in this area: woodbine, wild grape, "mile a minute," honeysuckle, bit-

WMCCA Meeting

Ted Duncan, president of the Brickyard Coalition, Inc., will speak at the next West Montgomery County Citizens Association meeting on Wednesday, Dec. 9, 7:15 p.m. at the Potomac Community Center.

The Montgomery County Public Schools (MCPS) have proposed construction of utility-scale solar power facilities on three currently undeveloped future school sites. One is the Brickyard Road school site previously proposed for use as a school bus depot. The Brickyard Coalition is a civic organization that, along with WMCCA, successfully challenged the soccerplex proposal and continues to monitor possible uses of the site. Duncan will provide information on the proposed solar facility and the coalition's current position regarding its installation. The deadline for submitting comments to MCPS is Jan. 1, 2016. As always, the public is welcome to attend WMCCA's meetings. If schools are closed because of inclement weather, the meeting will be cancelled.

tersweet, and morning glory. These plants can all quickly climb up the panel supports and cover the panels, shading out the sun. If, as a result, herbicides are applied to control growth, the ground beneath the panels will become bare. The enhanced runoff from the panels will then cause significant movement of soil along with its herbicide load. The stream to the north side of the site will receive this load of sediment and herbicides and then drain into the Potomac, as do all streams in this part of the county. The Potomac then carries this sediment and the herbicides into the Chesapeake Bay.

GLEN HILLS – COUNTY EXECUTIVE'S SEWER PROPOSAL

BY SUSANNE LEE:

After meeting in work sessions on Oct. 26 and Nov. 16 to consider County Executive Isiah Leggett's proposal for limited expansion of sewer into the Glen Hills area, the Montgom-

SEE NOT EASY, PAGE 6

Industrial Solar Array: A Bad Idea for Brickyard

BY CURTIS UHRE
CHAIRMAN, BRICKYARD COALITION INC.

The Montgomery County Public School (MCPS) staff have proposed the construction of an industrial solar array on the Brickyard school site and two other school sites. More than 7,000 solar panels would be installed covering most of the 20-acre school site. These acres of solar panels would be highly visible to the adjoining homeowners and to traffic from Brickyard Road.

COMMENTARY Last January, after considerable review and discussion, the Board of Education unanimously approved a policy governing the management of Board of Education property. That policy states "The interim use of undeveloped property should be consistent with its zoning classification and applicable laws." — Board of Education Policy DNA (B)(b)(2). The 20-acre Brickyard school site is zoned RE-2, meaning that it is zoned for residential homes on two-acre lots. The fact that MCPS staff is even proposing a project which would violate this Board of Education policy is very troublesome.

The Montgomery County zoning code only



Site with industrial solar array

permits accessory use for solar panels such as a residential rooftop system or a small ground-mounted system serving an existing home. An industrial solar array whose sole purpose is to generate electricity such as proposed for the Brickyard site is a principal use and is not permitted in the RE-2 zone by the current Zoning Code.

More specifically, a free standing Solar Collection System is only permitted as a limited or accessory use in the RE-2 residential zone. In the Residential zone, it is allowed only as an accessory use where the system produces a maximum of 120 percent of on-site energy

SEE BRICKYARD INDUSTRIAL, PAGE 6

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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 Volunteer Fire Department, Station 10, 8001 River Road. Call 301-365-2255 for more.

NOV. 27-DEC. 31

Winter Lights Festival. Sunday-Thursday, 6-9 p.m.; Friday-Saturday, 6-10 p.m. at Seneca Creek Park, 11950 Clopper Road, Gaithersburg. Winter Lights is a 3.5-mile drive through a holiday light show at Seneca Creek Park with more than 360 illuminated displays. Visit www.gaithersburgmd.gov.

WEDNESDAY/DEC. 2

Fused Glass Holiday Ornaments Workshop. 7-8:30 p.m. at VisArts at Rockville, 155 Gibbs St. The fee is \$20. Visit www.visartsatrockville.org.
"Holidays Around the World." 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Instrumentalists, guest performers, and two powerful choral ensembles share traditional music from South Africa, England, Sweden, Germany, and Puerto Rico during this Strathmore Children's Chorus presentation. Tickets are \$18-25. Visit www.strathmore.org.

THURSDAY/DEC. 3

"The Hip Hop Nutcracker." 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The Hip Hop Nutcracker re-imagines Tchaikovsky's classic score through hip-hop choreography. Tickets are \$29-54. Visit www.strathmore.org.

FRIDAY/DEC. 4

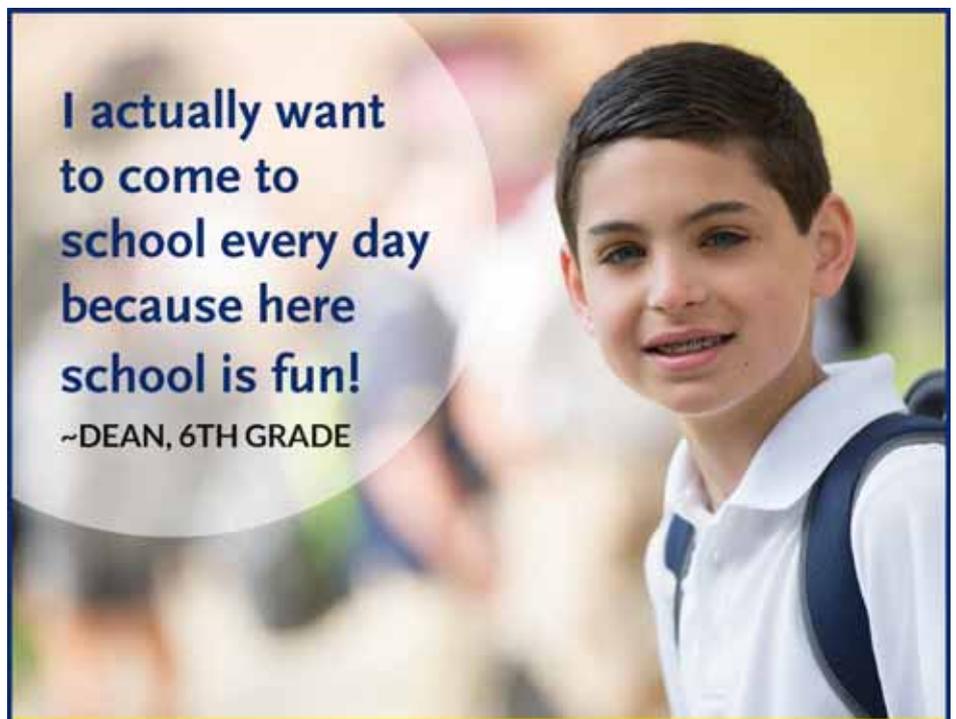
Swing Dance With King Teddy. 8-9 p.m. lesson, 9 p.m.-12 a.m. dance at Spanish Ballroom at Glen Echo Park, 7300 MAArthur Blvd., Glen Echo. Admission is \$18. Visit www.gottaswing.com.

FRIDAY-SUNDAY/DEC. 4-6

"The Nutcracker." 7:30 p.m. on Friday, 12 p.m. and 4 p.m. on Saturday, 1 p.m. and 5 p.m. on Sunday at Robert E. Parilla Performing Arts Center-Montgomery College, 51 Mannakee St., Rockville. Metropolitan Ballet Theatre has been presenting the full-length traditional staging of The Nutcracker since 1989. Tickets start at \$19. Visit www.mbt舞蹈.org for more.

SATURDAY/DEC. 5

Breakfast with Santa. 9-11:30 a.m. at Our Lady of Mercy School, 9222 Kentsdale Drive, Potomac. Families are invited to enjoy a pancake breakfast, crafts, games and pictures with Santa. Tickets are \$15. Visit www.schoololom.org.
Holiday Book Sale. 10 a.m.-3 p.m. at Davis Branch Library, 6400 Democracy Blvd., Bethesda. Book selection includes coffee table and art, collectibles and antiquarian, children's books and more. Free. Call 240-777-0922.
Gingerbread House Workshop. 11 a.m.-1 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. Decorate an assembled gingerbread house with royal icing. The fee is \$20. Visit www.visartsatrockville.org for more.
Bethesda's Winter Wonderland. 1-4 p.m. at downtown Bethesda. Kick off the holiday season with a live-sculpting presentation, a visit from Santa Claus, live entertainment and more. Free. Visit www.bethesda.org for more.
Winter Fun in the Great Indoors. 1:30-3:30 p.m. at Your Dog's Friend Training Center, 12221 Parklawn Drive, Rockville. Instead of long walks, learn simple ways to use your dog's natural drives - like sniffing, chasing, scavenging and exploring - in his everyday life. Free. Visit www.yourdogfriend.org/free-



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ENTERTAINMENT

workshops.

Workshop: How to Loiter by Paul Shortt. 2 p.m. at VisArts at Rockville, 155 Gibbs St. In this workshop, participants will explore alternative ways of loitering and discuss the issues surrounding loitering and how it affects public space and individuality. Free. Visit www.visartsatrockville.org for more.

Performance: Nancy Havlik. 3 p.m. at VisArts at Rockville, 155 Gibbs St. Dance performance in response to Paul Shortt's "How to Loiter." Free. Visit www.visartsatrockville.org for more.

Postcard Making: "News From Home." 4 p.m. at VisArts at Rockville, 155 Gibbs St. Curators Yeim Bae and Yunjeong Hong will introduce creative ways of making postcards while exploring the concept of "home" with the audience. Free. Visit www.visartsatrockville.org for more.

"Winter Soundscapes." 4 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Maryland Classic Youth Orchestras Philharmonic, Symphony, and Chamber Ensemble perform a holiday repertoire. Tickets are \$15-25. Visit www.strathmore.org.

Les Canards Chantants. 7:30-9:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. Les Canards Chantants is a solo-voice ensemble. Tickets are \$20 for adults, \$15 for students in advance. Tickets are \$25 for adults, \$20 for students on the day of the show. Visit www.bradleyhillchurch.org.

DEKA Piano Trio. 8 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. The DEKA Piano Trio is comprised of faculty members of the

Washington Conservatory: Violinist Ko Sugiyama, Cellist Danielle Cho, and Pianist Edvinas Minkstimas. Free, \$20 suggested donation. Visit www.washingtonconservatory.org.

SUNDAY/DEC. 6

Chanukah Brunch. 11 a.m.-2 p.m. at B'nai Israel, 6301 Montrose Road, Rockville. Members of The Jewish Holocaust Survivors and Friends of Greater Washington, The Last Generation - Child Survivors of the Holocaust and Descendants, The Generation After, and 3G friends and families are all invited. Tickets are \$20 for members of these groups and \$25 for non-members. Visit www.genafterdc.org for more.

Basic Woodworking Workshop. 12-4 p.m. at VisArts at Rockville, 155 Gibbs St. Children ages 7-11 are invited to handcraft five separate wooden holiday ornaments or one decorative garland. Tickets are \$65. Visit www.visartsatrockville.org.

Clara Barton Holiday Craft Show. 1-5 p.m. at Clara Barton Community Recreation Center, 7425 MacArthur Blvd., Cabin John. Meet more than 50 local artists, crafters, and authors. Free to attend. Visit www.friendscbcc.org.

Reading. 2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Reading by writers published by Washington Writers' Publishing House. A reception and book signing follows. Free. Visit www.writer.org.

WEDNESDAY/DEC. 9

Seth Kibel & Friends: Hanukkah Hodgepodge. 7:30 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Jazz, swing, and klezmer come

together with multi-Wammie-winner Kibel and friends as they explore the intersection of Jewish and American music. Tickets are \$25. Visit www.strathmore.org.

"Let Freedom Sing." 8 p.m. at Ohr Kodesh Synagogue, 8300 Meadowbrook Lane, Chevy Chase. Zemer Chai, the Jewish Choral of the Nation's Capital present "Let Freedom Sing: Songs of Justice & Celebration," with special guests, The Bethesda-Chevy Chase High School Chamber Singers. Tickets are \$10. Visit www.zemerchai.org for more.

THURSDAY/DEC. 10

Holiday Wreath. 7-9 p.m. at VisArts at Rockville, 155 Gibbs St. Lead by instructor Kim Swanner, participants will make their own winter wreath. Cost is \$20. Visit www.visartsatrockville.org for more.

'Tis the Season with Brian Stokes Mitchell. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Brian Stokes Mitchell joins the Baltimore Symphony Orchestra SuperPops to perform traditional and contemporary holiday favorites. Tickets are \$35-99. Visit www.bsomusic.org for more.

FRIDAY/DEC. 11

"VAC Revealed" Opening Reception. 6-9 p.m. at Gallery B, 7700 Wisconsin Ave., Bethesda. Celebrate the Montgomery County Public Schools Visual Art Center (VAC) exhibition of original artwork created by the program's 22 seniors as well as teachers of the MCPS Visual Art Center Program at Albert Einstein High School. Free. Visit www.bethesda.org for more.

Potomac After Hours. 9:15-11 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Middle schoolers (6-8th graders) are invited to attend "football night." Play soccer, basketball shooting, table tennis, and pool tournaments. Admission is \$5. Visit www.activemontgomery.org and use code #11950 to register.

FRIDAY-SUNDAY/DEC. 11-13

"The Nutcracker." 7:30 p.m. on Friday, 12 p.m. and 4 p.m. on Saturday, 1 p.m. and 5 p.m. on Sunday at Robert E. Parilla Performing Arts Center-Montgomery College, 51 Mannakee St., Rockville. Metropolitan Ballet Theatre has been presenting the full-length traditional staging of The Nutcracker since 1989. Tickets start at \$19. Visit www.mbt-dance.org for more.

SATURDAY/DEC. 12

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit www.montgomerycountymd.gov/library/branches/potomac.html.

Baltimore Symphony Orchestra: "Sleigh Ride." 10 a.m. and 11:30 a.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Part of the Music Box Concert Series, "Sleigh Ride" is a participatory, music-oriented program for children ages six months to three years. Tickets are \$12. Visit www.bsomusic.org for more.

Advice for Adopters, Fosters, and Other Dog Lovers. 11:45-1:45 p.m. at Your Dog's Friend Training

Center, 12221 Parklawn Drive, Rockville. Expert will discuss dog training and behavior, helpful pet products, and the many common issues that dog guardians face. Free. Visit www.yourdogsfriend.org.

Fused Glass Holiday Ornaments. 12-2 p.m. and 3-5 p.m. at VisArts at Rockville, 155 Gibbs St. The fee is \$20. Visit www.visartsatrockville.org.

Open Studios Saturday. 12-5 p.m. at Artists & Makers Studios, 11810 Parklawn Drive, Suite 210, Rockville. Browse three galleries filled with wearable gifts by members of the Potomac Fiber Arts Guild. Free. Visit www.artistsandmakersstudios.com.

Holiday Wreath. 2-4 p.m. at VisArts at Rockville, 155 Gibbs St. Lead by instructor Kim Swanner, participants will make their own winter wreath. Cost is \$20. Visit www.visartsatrockville.org for more.

Postcard Making: "News From Home." 4 p.m. at VisArts at Rockville, 155 Gibbs St. Curators Yeim Bae and Yunjeong Hong will introduce creative ways of making postcards while exploring the concept of "home" with the audience. Free. Visit www.visartsatrockville.org.

SATURDAY-SUNDAY/DEC. 12-13

"The Mini-Nut." 11 a.m., 1 p.m. and 3 p.m. at Montgomery College Cultural Arts Center, 7995 Georgia Ave., Silver Spring. The Maryland Youth Ballet will present an abbreviated child-friendly version of the classic "Nutcracker." Tickets are \$15 for children 10 and under in advance, \$20 at the door, \$20 for adults at the door and in advance. Visit www.marylandyouthballet.org for more.

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Advertising Deadlines are the previous Thursday unless noted.

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12/16/2015...A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015.....Special Issue - Safe for the Holidays

12/30/2015.....Children's Connection

JANUARY

1/6/2016.....Wellbeing, Renewal, Resolutions

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Merry and Fit

Support groups help members maintain fitness during season of indulgence.

BY MARILYN CAMPBELL
THE ALMANAC

Just after 7:30 on a recent Sunday morning, the steady beat of Cold Play's "Viva la Vida" pulsed through the warm, sleepy air. In the back of the room, lit only by a lavender florescent strobe, were four women perched on stationary exercise bikes. At the command of the instructor, they stood up on the pedals, leaned in to the space in front of them and started to climb a virtual hill.

"If these classes and our workouts weren't fun it'd be hard to get motivated, especially this early in the morning," said Jennifer Henry, one of the women.

The women, all friends, are taking an early morning spin class in an effort to achieve a common goal: to stay in shape and fend off weight gain during the holidays. They've formed what they refer to as a holiday fitness team. During the days between Thanksgiving and New Year's Day, the average American will pack on at least an extra pound that they won't shed, according to the New England Journal of Medicine.

So seeking out like-minded people and forming a support group with the goal of staying motivated, disciplined and accountable when it comes to health and fitness is an effective weapon in the war on holiday

bulge. The group concept is a fitness trend that becomes more useful during the season of indulgence, say experts.

"Working out in groups offers camaraderie and accountability," said Paul Raker, YMCA Alexandria, Va., which offered a "Find Your 150" program aimed at encouraging healthy eating and at least 150 minutes of cardio exercise each week. "What you'll find is that people are more likely to show up [for exercise] when they have a friend or small community as opposed to the person who tries to do it on their own."

Henry says her group has created a schedule that, in addition to their Sunday morning spin class, will include a once-weekly power walk at 8 o'clock in the evening, a weekly standing appointment with a trainer and an early morning bike ride. While they say that it is unlikely that each woman will make all of the sessions during the entire holiday season, they hope that having a road map will keep them on track. "If we didn't have any sort of plan, our group would totally fall by the wayside," she said. "We're making it as convenient for ourselves as possible to make sure we stick with it."

Before developing a schedule, there needs to be an acceptance by group members that the season will likely have an impact on one's diet and ability to exercise, said Bethesda-based Kate Heller, a certified personal trainer and CrossFit trainer.

"Even if you find yourself missing a Zumba class or with less time to spend at the gym, it's still important to make exercise a priority," she said. "If you are over scheduled and can't get in a full workout, set aside time to at least do something to break a sweat and get your heart rate up."

Heller suggests maintaining a schedule by setting a calendar or smartphone reminder as you would for a doctor's appointment. Planning early morning workouts, like those of Henry's group, can head off scheduling conflicts.

"No one will have an office holiday party or meeting scheduled for 5 a.m.," said Lauren Blumenthal, an Arlington, Va.-based wellness coach. "Even a short cardio routine that gets your heart rate up and boosts your metabolism can help you feel healthier during the rest of the day." Meeting a group of friends to plow through a Crossfit workout DVD or having pool of buddies to source when looking for healthful recipes that will hold up against calorie-laden holiday fare is another benefit of group fitness. "We found that when we offered nutrition seminars and then had a potluck dinner where all of the group members prepared and brought a healthy dish, it was a great way

to benefit from shared knowledge," said Raker. When an evening holiday party is on the calendar and the temptation of heavy chocolate Yule logs and rum-spiked eggnog lurk in the subconscious, meal skipping to conserve calories should not be part of the health plan, says Sarah Leonard, an Oakton-based dietitian.

"You'll be ravenous by the evening and ready to eat everything in sight," she said. "If you know you'll be in a situation where you're tempted to eat rich and unhealthy food, eat small, vitamin-packed bites throughout the

day. Try half of an avocado with a tomato or celery with a teaspoon of peanut butter. These are vitamin-packed and have good fat, so they're filling." The group should acknowledge that the holiday season will be filled with merriment and temptations to indulge, and it's OK to yield to those desires with caution, says Blumenthal. "The goal of a fitness group shouldn't be to lose 10 pounds before the New Year. That's too restrictive and unrealistic and could backfire," she said. "Focus on not gaining any weight and on maintaining any fitness achievements you've acquired this year, like increased endurance."

"Working out in groups offers camaraderie and accountability."

— Paul Raker, YMCA Alexandria

BULLETIN BOARD

FROM PAGE 6

7977 Georgia Ave., Silver Spring. Citizens are invited to discuss legislative solutions, supports systems, and other issues related to trafficking. Visit www.facebook.com/events/1028102433876879.

DEC. 11-JAN. 1

Holiday SoberRide. 10 p.m.-6 a.m. Offered by the nonprofit Washington Regional Alcohol Program (WRAP), the annual Holiday SoberRide program will provide free cab rides up to \$30. Call 1-800-200-TAXI.

THROUGH JAN. 8, 2016

Deadline for Entries. The Bethesda Arts & Entertainment District is accepting entries from Maryland, Virginia and the District of Columbia

filmmakers for the annual Bethesda Film Fest. Visit www.bethesda.org.

MONDAY/DEC. 14

Montgomery County Civic Federation Meeting. 7:45-10 p.m. at the County Council Office Building, 100 Maryland Ave., Rockville. The speakers – Natalia Carrizosa, Aron Trombka and Stephanie Bryant – will discuss the recent report on Montgomery County Public Schools (MCPS) by the County's Office of Legislative Oversight (OLO). Visit www.montgomerycivic.org.

WEDNESDAY/DEC. 16

Training Session: Senior Connection. 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Consider volunteering

with the **Senior Connection** to drive seniors to medical and other appointments. Contact volunteer@seniorconnectionmc.org, call 301-962-0820, or visit www.seniorconnectionmc.org.

WEDNESDAY/JAN. 6

Public Input on FY17 County Operating Budget Forum. 7 p.m. at Eastern Montgomery Regional Services Center, 3300 Briggs Chaney Road, Silver Spring. The forums are held every year by County Executive Ike Leggett to get public feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

MONDAY/JAN. 11

Public Input on FY17 County Operating Budget Forum. 7 p.m. at Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. The forums are held every year by County Executive Ike Leggett to get public feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

WEDNESDAY/JAN. 20

Public Input on FY17 County Operating Budget Forum. 7 p.m. at Silver Spring Civic Center, One Veterans Plaza, Silver Spring. The forums are held every year by County Executive Ike Leggett to get public

feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

THURSDAY/JAN. 21

Public Input on FY17 County Operating Budget Forum. 7 p.m. at Mid-County Community Recreation Center, 2004 Queensguard Road, Silver Spring. The forums are held every year by County Executive Ike Leggett to get public feedback on the upcoming County operating budget. The Leggett will release his recommended operating budget on March 15 for the fiscal year that begins July 1, 2016. Free. Call 240-777-6507.

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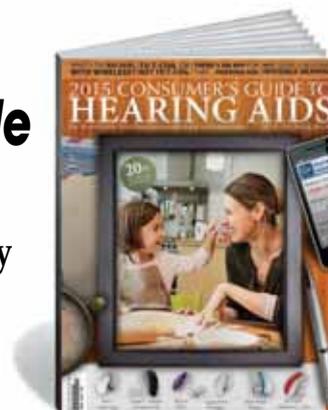
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Slippery Hope



By KENNETH B. LOURIE

As much as I want to believe that there will be no adverse cancer/health consequences to my recent decision to extend my chemotherapy infusion from three weeks to four, the truth is: no one knows, really, and it's that unknown more than the known that really scares me. And by "known," I suppose I mean experience, as in the last nearly seven years of chemotherapy every three weeks (save for a year or so when I was not infusing but instead taking two Tarceva pills per day). There's something to be said for routine – at least in my mind, anyway. But routine might not be the best methodology for treating cancer. In fact, in my experience, it's the cancer that dictates the terms and conditions, not the patient or the patient's preference for routine.

It's not as if the cancer is in control, but it's certainly calling the shots. And as much as being proactive is an intelligent strategy to fend off the evil spirits, the fact of the what's-the-matter in the cancer-prevention/cancer-treatment world is that we're mostly reacting. As soon as my scans indicate tumor growth or movement – or fluid increase – changes, or not, in protocols are suggested; and with my/the patient's approval, off we go into the wild blue yonder of doing something different than we had most recently been accustomed to, and not being at all sure what will happen because of it. And again, the presumptive solution is not continuing treatment just because you've become "accustomed" to its side effects; the reality is, one's prospects hang in the balance, and since change is not simply for the heck of it, but rather for the necessity of it, the guarantee/expectation that continued success lies ahead is likely the exception.

As much as I'd like to continue to be the exception that disproves the rule, last week's relief and anticipation about extending my infusion interval has morphed into a fear of the unknown and of living with the associated anxiety, as well as of the consequences of not maintaining my previous three-week interval and in turn not leaving well enough alone. Even my oncologist had doubts. A few months ago, I asked for a similar extension and he thought we should not change anything as we had "the cancer on the run." But the dialogue has continued and with a recent "stable" PET scan, I asked once again. This time, he agreed (I didn't say acquiesced). Hopefully, this a decision/change with which I can live.

Aside from the fear and anxiety I mentioned, there's another emotion to consider: quality of life. Whenever change has occurred, this has been part of Team Lourie's conversation. Moreover, my quality of life has been important to my oncologist/his recommendation of my treatment as well. I've written previously about how disappointing a cancer diagnosis/terminal prognosis is and how it creates all sorts of problems: emotional, spiritual and physical. Finding a way to navigate through this "mindfield" is a 24/7 challenge. As such, any change in treatment which could possibly enhance and improve the quality of my life – or not, has been a major part of any treatment discussion/decision we've made. Who knows ultimately whether changing my infusion schedule will matter? What matters is if I feel I have a better quality of life because of it; and for "terminal" patients, quality is often more important than quantity.

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

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Youthful Churchill Girls To Focus on Defense

Junior Kuchins is Bulldogs' top returner.

BY JON ROETMAN
THE ALMANAC

The Churchill girls' basketball program graduated a trio of four-year varsity athletes, including 1,000-point scorer Japria Karim-Duvall, but ninth-year head coach Kate Blanken said she's looking forward to seeing what her youthful Bulldogs can accomplish during the 2015-16 season.

"We are very young, and graduated three four-year varsity players last year," Blanken wrote in an email. "We have two returning starters. However, what we lack in experience, we may overcome with our work ethic and chemistry. I'm looking forward to seeing what this team becomes through the course of the season. ... I have a very positive outlook on the season. We have five girls with varsity experience, but all of the girls have been eager to learn and improve, and have a great energy. I expect us to continue improving throughout the season, as the girls get more familiar with each other and build our team D. We look to be a team that can play great team defense and use this to fuel our offense."

Leading the way for Churchill will be junior Coco Kuchins, who led the team in steals with more than 4 per game last season. She also led the team in assists, and averaged 7 points per game.

Blanken called her a "phenomenal athlete."

"Even with these great stats, you have to see Coco play to truly understand her impact on the game," Blanken wrote. "She is constantly moving and thinking about the next play. Her dynamic defense and ability to create offense for herself and others will be huge for our team this year. She is an extremely selfless player and leader, and is involved in the play every time we score. If not the best, she is one of the top perimeter defensive players in the county. We look for her to have a tremendous junior season and lead the team."

SCHOOL NOTES

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Alicia Elliott has joined the class of 2019 at Colby College (Waterville, Maine).

Francis X. Gormley Jr. is Assistant Coach Men's Lacrosse at the New Jersey Institute of Technology (Newark, N.J.).

William Lewis is a member of the Rensselaer Polytechnic Institute (Troy, N.Y.) men's basketball team.

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Coco Kuchins is Churchill's top returning player.

Senior Kennedy Gray is a post player who averaged 7 points and 7 rebounds last season.

"She has the ability to become more of a scoring threat this year in the post," Blanken wrote. "She is a strong defensive player and looking to have a big senior season. She is a great, vocal floor

leader."

Junior Nina Hazra is a 5-foot-10 forward who averaged 5 points and 5 rebounds last season.

The rest of the Churchill roster includes: seniors Mariam Carlon, Tatiana Hewitt and Charlene Binen, junior Alex Hacopian, sophomores Abigail Mazer, Erin Huang and Gabriella Baker and freshmen Allison Beiser and Catarina Correa.

Among the teams Churchill will face twice this season are division opponents Whitman and Wootton, which met in last season's 4A West region championship game. Churchill fell to Walter Johnson in the Section I semi-finals.

"When we play Whitman or Wootton, it's

always a fun, competitive game," Blanken wrote. "We will have to work on building our team defense throughout the season in preparation for these teams."

Churchill will open the season on the road against Northwood at 7:15 p.m. on Friday, Dec. 4. The Bulldogs' first home game is Tuesday, Dec. 8 against Crossland.



Kennedy Gray averaged 7 points and 7 rebounds for Churchill last season.

PHOTOS BY HARVEY LEVINE/THE ALMANAC

"She is an extremely selfless player and leader, and is involved in the play every time we score."

— Churchill coach Kate Blanken about Coco Kuchins via email

Coat Drive for Those in Need Potomac community asked to donate gently used coats through Dec. 15.

BY MARILYN CAMPBELL
THE ALMANAC

Some members of the community are working to help local families stay warm this winter. The owners of RE/MAX Success in Potomac Village are organizing a coat drive that will run through Dec. 15. They're collecting gently used coats for men, women and children to donate to InterFaith Works in Rockville.

"We decided to pick a charity that we felt would be helpful especially going into the cold months of the year," said Claire Crawford, broker and owner. "We hope that it will help those in need with dealing with the cold."

Coat Drive

Drop off gently used coats Monday through Friday

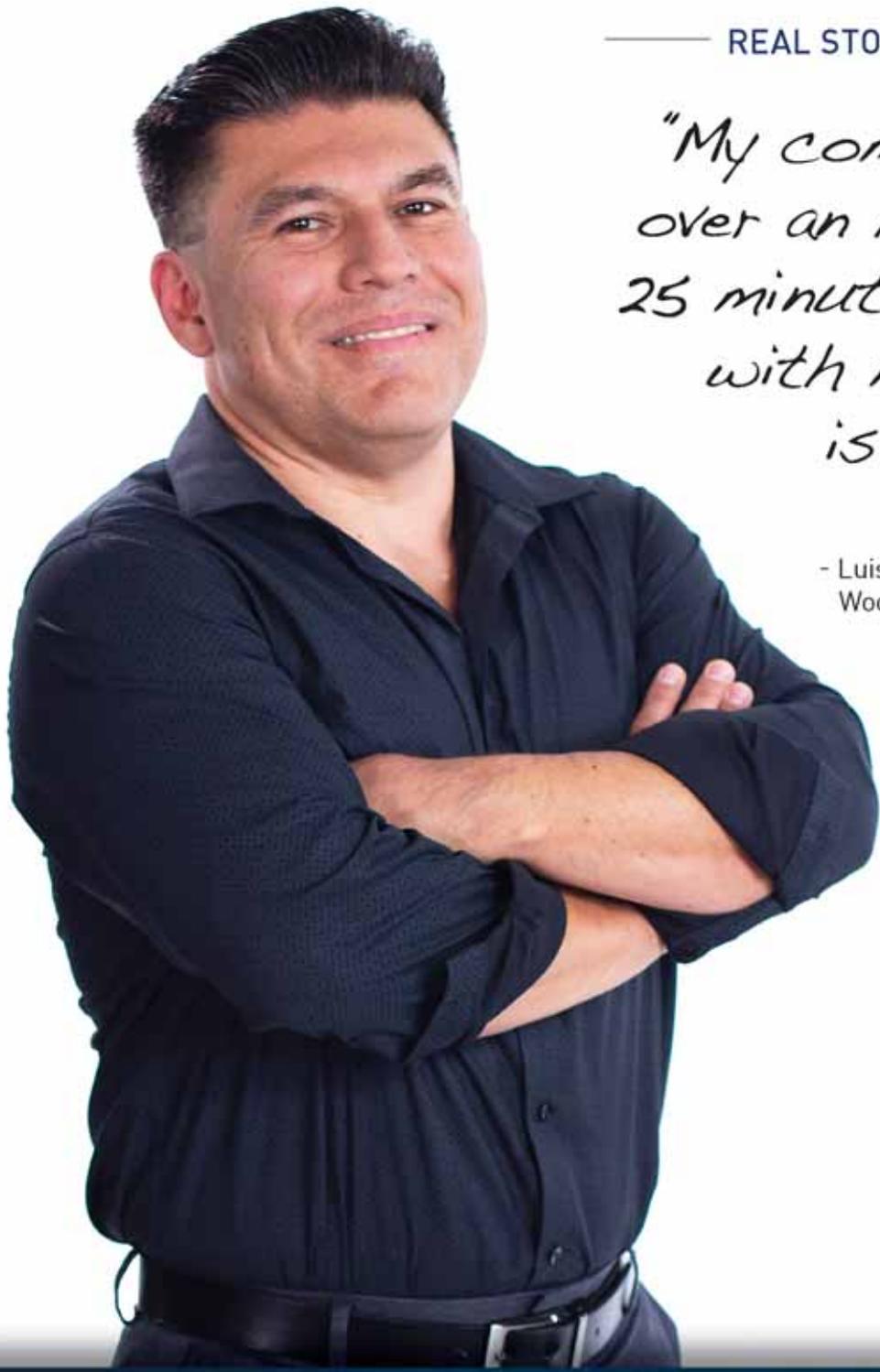
9 a.m. to 5 p.m.
RE/MAX Success
10244 River Road
Potomac, MD 20854
Through Dec. 15

For more information: 240-252-5833

Donations are accepted Monday through Friday from 9 a.m. to 5 p.m. at the RE/MAX Success office, located at 10244 River Road in Potomac.

Charitable contribution slips are available for those who want to make a tax deductible donation.

Coats will be delivered to InterFaith Works in Rockville on Dec. 16.



— REAL STORIES FROM THE EXPRESS LANES —

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- Luis B.
Woodbridge, VA

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