

HOLIDAY ENTERTAINMENT & GIFT GUIDE

Potomac ALMANAC Julie Kang



All Things Raptor

NEWS, PAGE 3

Artist Jules Kang displays her work at Artomatic Arts Spectacular at 12435 Park Potomac Ave. through Friday, Dec. 9.

CALENDAR, PAGE 6 ♦ CLASSIFIEDS, PAGE 11 ♦ REAL ESTATE 8

PHOTO BY DEBORAH STEVENS/THE ALMANAC



Artomatic Arts Spectacular

HOLIDAY GUIDE, PAGE 6

Decking the Halls, Stuffing Bellies

A+, PAGE 4

kang.jules@gmail.com
www.juleskang.com



PHOTO CONTRIBUTED

Protest signs are affixed to the East Gate Swim and Tennis Club sign.

SAY NO TO LOCAL VERIZON TOWER

- 1 SIGN PETITION:** <http://bit.ly/2fxajcQ>
- 2 WRITE A LETTER of opposition ASAP to:**
Office of Zoning and Administrative Hearings: 100 Maryland Avenue, Room 200, Rockville, MD 20850
Phone: 240 777-6660
Fax: 240 777-6665.
Reference: Case No. CU-T-17-01
- 3 ATTEND THE PUBLIC HEARING - Monday, December 19th at 9:30 AM:**
Stella B Warner Council Office Building 2nd fl. Davidson Memorial Hearing Rm 100 Maryland Ave, Rockville 20850.
(contact: marilynwood1234@comcast.net (240) 428-1678)

Verizon Wireless plans to build an 80 ft. Telecommunications Tower located at East Gate Swim & Tennis Club (corner of Democracy Blvd and Gainsborough Rd), with accommodations for antennae from additional carriers.

IMAGE CONTRIBUTED

A flyer in opposition to the proposed cell tower site.

Residents Organize Against Proposed Cell Tower

An application seeking to construct an 80-foot monopole in the front parking lot at the Gainsborough Road entrance to the East Gate Swim and Tennis Club has drawn opposition from some residents of the four East Gate communities: East Gate I (Potomac Preserve), East Gate II (Worland), East Gate III (Snug Hill) and East Gate IV (Ridgeleigh).

Neighbors were made aware of the proposal on Oct. 4, when a zoning special use

sign was erected on the corner of Democracy and Gainsborough. A Verizon Wireless lease had been signed with the East Gate Recreation Association Inc. in October 2015.

Opponents have launched a petition drive and asked residents to send letters to the Office of Zoning and Administrative Hearings, 100 Maryland Avenue, Room 200, Rockville, MD 20850. A public hearing is scheduled for 9:30 a.m., Dec. 19 at the Stella B. Warner Council Office Building,

2nd floor, Davidson Memorial Hearing Room, 100 Maryland Ave., Rockville.

The application for the wireless communications site includes installation of 12 antennas and a 35x20-foot area with an 8-foot high chain link fence. The plan also shows that the monopole is designed to accommodate other antennas from additional carriers in the future.

In the Montgomery County Tower Coordinator's Recommendation from March 31, it states: "The Swim Club prop-

erty is located amid single-family homes to the north and south along Gainsborough Road. There are wooded areas west of the Swim Club along the Buck Branch of Cabin John Creek, with more residential areas farther west. East of the site is a larger wooded area along Cabin John Creek and Seven Locks Road. The location for the monopole and equipment area is presently used for parking. There are trees between the parking area and Democracy Boulevard to the south."

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All Things Raptor

A day for aficionados of birds of prey.



Cheyenne, a Eurasian Eagle Owl



Blade, a Swanson Hawk



This Eurasian Eagle Owl was born in March.



Dexter the Falcon



Truman, a Great Horned Owl



Eddie, the Barn Owl

The Owl Moon Raptor Center Festival was held Sunday, Nov. 13 at Black Hill Regional Park in Boyds. The day included native and exotic owls, hawks, and falcons on exhibit as well as raptor flight demonstrations, raptor face painting, games and other activities. See www.owlmoon.org.

PHOTOS BY
DEBORAH STEVENS/
THE ALMANAC



Maxwell, a Cooper's Hawk with an injured wing



Harris Hawk

Thanksgiving Art & Craft Show
 Spring Hill RECenter
 1239 Spring Hill Rd., McLean, VA 22102

Thanksgiving Weekend
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 Sun 11 - 4

New Location!
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 Northern Virginia Handcrafters Guild

www.NVHG.org

Decking the Halls, Stuffing Bellies

Cooking schools offer crash courses in holiday dishes.

BY MARILYN CAMPBELL
 THE ALMANAC

Ever since Bernadette Lott can remember, she's had a sweet tooth as big as a sugar cane field. Describing herself as a hard and fast confection lover of the extreme type, she thinks her predilection for all things candy-coated probably started with her grandmother, who pretended not to notice when she devoured spoonfuls of sugar while the two were baking.

"I must have been three or four, standing on a stool in the kitchen, craning my neck to see," said Lott.

In fact, baking was a hobby she honed at her grandmother's hand, which later became a practical skill. She learned that to satisfy her ravenous sugar cravings, be they for shiny glazed lemon tarts or gooey chocolate trifles moistened with rum, she needed to learn to bake.

"I think my first word was cake," Lott said. "I love to bake, but I also do my fair share of tasting."

It's no wonder that for Lott and other foodies, the holidays offer a chance to legitimize an obsession with baking marathons that might appear to be chocolate-covered insanity.

Dozens of local chefs and culinary enthusiasts are rolling out a slew of holiday cooking classes this season. Want to make your own lemon rugelach? Considering letting your children take over the gingerbread baking? Interested in assembling a buche noel? From the informal classes that Lott runs out of her Alexandria, Va. kitchen to formal cooking schools with classes taught by professional chefs, there's instruction for students at both ends of the skills spectrum.

Even as adults, life-long friends can relive their childhood sugarplum fantasies. At the start of the holiday season, Terri Carr and Elaine Agran gather in Carr's Potomac kitchen to preserve a baking tradition that spans more than three decades. For four days and four nights, the two friends lose themselves in a shrine of softened butter, flour and sugar, emerging with several thousand sugar cookies that they package and ship to friends, family and colleagues.

"We take turns. One of us sleeps while the other one bakes," said Carr, of Terri's Table, a cooking school she runs out of her home.

This year, Carr's holiday classes are focused on Thanksgiving, teaching students to make both main and side dishes, and ending with such as a crunchy and deeply nutty pecan pie.

At the end of her classes, Carr sets a festive table around which her apprentices gather, raising a chorus of oohs and aahs and noshing on the fruit of the holiday labor until the last crumb is devoured.

"These cooking classes help people get into the holiday spirit," said Toni Lipe of Culinaria Cooking School in Vienna, Va. "They learn to make things that they can wrap in paper and ribbon and give as gifts."

Students at Culinaria enter a holiday cookie paradise of softened butter, vanilla and coconut, and spend hours cutting, rolling and decorating, emerging at the end of class with boxes of rugelach, almond macaroons and other confections.

"The classes are filled with laughter and chatter," said Lipe. "It's like a party, such a wonderful experi-



PHOTO COURTESY OF TERRI CARR

Terri Carr bakes, decorates and packages holiday cookies, in her Potomac kitchen which she sends to friends and family.

ence."

In Lott's lessons — students discover her through word of mouth — she demonstrates rich buche de noel and fudge-filled, whiskey-soaked chocolate bundt cake recipes. A limited class size allows her to guide students through the process, from melting chocolate over simmering water to adding a good dousing of liqueur to the mixture and beating it into a fluffy batter before sliding it into the oven.

"Some of my best holiday childhood memories were baking with my family," said Lott. "I love being able to share that love with other people so that they can create their own memories."

During her lessons, students rummage through a treasure trove of cookie cutters in shapes ranging from angels and wreaths to starfish and rosebuds. After mixing flour and nutmeg with lemon zest and vanilla extract, then chilling, rolling and cutting the dough, their effort bursts forth in the form of highly spiced citrus, ginger cookies.

"I still like nibbling the cookie dough as much as I did when I was a little kid," said Claudia Yost, a recent student.

Even the youngest gourmands can add calorie-laden joy to the world this season. Diminutive cooks-in-training use seasonal bounty to create child-friendly versions of traditional Thanksgiving fare at Tiny Chefs cooking school. They use yeast, flour and sweet potatoes to create warm, fluffy doughnuts, encased in sugar that crunch slightly to the bite.

"Cooking during the holidays, and at any time, builds memories and gives them skills that they can use when they're responsible for preparing dinners later on down the road," said Katie Raguindin of Tiny Chefs. In the gingerbread house-making class, instructors support children's imaginations, encouraging the wackiest, most creative designs, propelled by a rainbow of colored icing and decorative candies. "We're giving them a nice way to participate with the holiday cooking," said Raguindin. "It's a good family activity, and they can remember for years to come that they got to cook with Mom and Dad for Christmas dinner."

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WELLBEING

Additional Factors Impede Efforts To Quit Smoking

Smokers with mental health issues who want to quit face extra challenges.

BY MARILYN CAMPBELL
THE ALMANAC

Cushions flew about the living room as Deneice Valentine combed the cracks of her sofa, hoping that among the crumbs and lint she would find her inhaler. Gasping for air and facing the onset of an asthma attack, she began to bargain with God.

"I was praying and saying, 'If you help me find my inhaler, I will quit smoking,'" she said, her voice worn rough from 38 years of smoking and despite multiple warnings from doctors about the hazards smoking had on her already compromised health. "Quitting was hard, but I threw away the cigarettes and I never brought another pack."

That was four years ago. For Valentine, now 62, the road to cessation felt steep and fraught with barriers including her diagnosis of posttraumatic stress disorder and depression.

While the rate of smokers among the U.S. population has dropped to about 18 percent over the last 50 years, the rate of smoking among those living with serious mental illness has risen. At 53 percent, it's higher than it was 50 years ago, according to the Centers for Disease Control. In observance of the Great American Smokeout on Nov. 17, cessation advocates are underscoring the plight of smokers with mental health challenges.

For those dealing with the manifestations of a mental illness, smoking can appear to offer relief. "The biggest thing is the self-medicating effect ... Nicotine helps them with the symptoms of their illnesses, in particular anxiety, depression and schizophrenia," said Amy E. Coren, Ph.D., assistant professor of psychology at Northern Virginia Community College, Alexandria, Va. "But smoking is not actually helping mental illness, it's just a Band-Aid."

According to Valentine, smoking soothed her symptoms. "Cigarettes helped calm me down," she said. "When I was smoking, I was less anxious and my thoughts were less jumbled."

Part of the problem is that the culture of mental health service traditionally treats cigarettes as a reward or an outlet, says Jerome Short, Ph.D., licensed clinical psy-



COURTESY OF NAMI

Despite her mental health challenges, Deneice Valentine quit smoking in part by learning to meditate.

chologist and associate professor of psychology at George Mason University. "In the past, psychiatric hospitals rewarded patients with cigarettes and outdoor smoke breaks for good behavior," he said.

For the caretakers and loved ones of those with mental health challenges, cigarettes can appear as a welcome distraction.

"I have a relative who has schizophrenia and when she calls me, she asks for cigarettes and soda, the few things that she has to look forward to in her life," said Kate Farinholt, executive director of NAMI Maryland, National Alliance on

Mental Illness. "When I'm sitting on the other end of the phone having a much easier time of it, it's hard for me to tell her to give up cigarettes."

Her personal experience and conflicted feelings give Farinholt special insight as she works to educate smokers with mental health challenges. "Quitting is especially hard for people with mental illness, but they die earlier from treatable illnesses like heart attack, stroke and cancer," she said. "A large part of quitting is safeguarding physical health."

While smoking cessation techniques offered to those with mental illness don't differ significantly from tactics used with their mainstream counterparts, the way in which they are administered might, says Coren. "We have to look at the mental illness and the medications that they are on first," she said. "There might be other issues that are more important for them to address first."

Other considerations are the limited social and financial supports. "When we decide to stop smoking, we can go out to dinner with friends or buy a new dress as a distraction," said Farinholt. "People with mental illness often don't have those options."

Effective cessation techniques focus on expectations of success and self-control, says Short. "Develop relaxation skills, such as meditation, prayer, or walking in nature areas."

Meditating allowed Valentine to experience the same calm that she once found in cigarettes. "I transposed the quiet time I got from cigarettes to mindfulness meditation," she said.

"In a peer group I learned to use the exercises to give my mind a break when it needed it." Learning new coping skills before quitting can make cessation less of a blow and more likely to stick. "I highly recommend that you have tools in place before you quit," said Valentine.



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HOLIDAY ENTERTAINMENT & GIFT GUIDE

Holiday Calendar

SATURDAY/NOV. 19

Haven Universe Holds Saturday Night Alive. 5-7 p.m. at Lakeland Park Middle School at 1200 Main St., Gaithersburg. Haven Universe of Potomac is collecting canned goods to feed the homeless people of Montgomery County.

Celebrate Thanksgiving With Turkeys. Noon-4 p.m. at Poplar Spring Animal Sanctuary, 15200 Mt. Nebo Road, Poolesville. Dine with rescued turkeys and all their friends in celebrating a cruelty-free Thanksgiving potluck. Bring a vegan (no meat, dairy, or eggs) dinner or dessert item to serve eight people. \$10 suggested donation to benefit the animals. No charge for children under 16. The turkeys will be fed at 1 p.m. at a special table loaded with grapes, shredded lettuce, chopped apples, and other favorite treats.

SATURDAY-SUNDAY/NOV. 19-20

School Holiday Shopping Extravaganza. Saturday, Nov. 19, 9 a.m.-5 p.m. and Sunday, Nov. 20, 10 a.m.-5 p.m. at Holy Child, 9029 Bradley Blvd., Potomac. The 12th annual holiday shopping extravaganza has over 60 vendors under one roof. www.holychild.org.

THURSDAY/NOV. 24

Community Thanksgiving Service. 10:30 a.m. St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. Annual ecumenical community Thanksgiving Service. Collecting donations of nonperishable food for Samaritan Ministry. 301-762-8040 www.stjamespotomac.org

FRIDAY/DEC. 2

"An Evening with The Mavericks: Sleigh Bells Ring Out!" Doors open at 7 p.m. and show is at 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. \$41-\$86. www.strathmore.org/events-and-tickets/the-mavericks

SATURDAY/DEC. 3

Snow on Snow. 7:30 p.m. at Bradley Hills Presbyterian Church, 6601 Bradley Blvd., Bethesda. The Thirteen, the all-star professional choir, will celebrate the story of



Artomatic Arts Spectacular

Artomatic Arts Spectacular is being held at 12435 Park Potomac Ave., Floors 5 and 6, Thursdays, noon-10 p.m.; Fridays: noon-midnight; Saturdays, noon-midnight; Sunday, noon - 6 p.m. Free admission, under 18 must be accompanied by an adult. Visit www.artomatic.org.

Artist Suhaib Albarzinji displays his work.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Christmas through English-language works from the 15th century through the present day. Tickets are \$25/\$20 for general/students at the door; \$20/\$15 in advance. Visit www.bradleyhillchurch.org for more.

Winter Wonderland. 1-4 p.m. at Veterans Park, located at the corner of Norfolk and Woodmont avenues. Ice sculpting presentation followed by choral performances from local school groups. Call 301-215-6660 or visit www.bethesda.org.

SUNDAY/DEC. 4

Clara Barton Holiday Craft Show. 1-5 p.m. at Clara Barton Community Recreation Center, 7425 MacArthur Blvd., Cabin John. browse pottery, woodwork, glass, things to eat, things to wear, things to read, all sold by the local artists, artisans, and authors who made them. Free. Visit www.friendsbcc.org for more.

FRIDAY/DEC. 9

Rescue Squad's Holiday Dance Party. 7-11 p.m. at Bethesda-Chevy Chase Rescue Squad, 5020 Battery Lane, Bethesda. Rescue Squad's Holiday Dance Party Fundraiser with The Fabulous Hubcaps is a fundraiser for the B-CC Rescue Squad. \$30 and dinner is available for an additional \$10. 240-876-1532 www.bccrs.org

SATURDAY-SUNDAY/DEC. 17-18

National Philharmonic Performs Handel's Messiah. Times vary at The National Philharmonic Music Center at Strathmore, 5301 Tuckerman Lane. Hear Handel as the National Philharmonic Orchestra and Chorale perform his most beloved oratorio, the Messiah. Led by Artistic Director Stan Engebretson, the concert will feature the National Philharmonic's nearly 200 voice all-volunteer Chorale, as well as soloists Danielle Talamantes (soprano); Magdalena Wór (mezzo-soprano); Matthew Smith (tenor); and Christóphen Nomura (baritone). Visit www.strathmore.org.

WEDNESDAY-FRIDAY/DEC. 21-23

Moscow Ballet's Russian Nutcracker. 8 p.m. at The Music Center at Strathmore Concert Hall, 5301 Tuckerman Lane. CityDance students perform in Moscow Ballet's Russian Nutcracker. Visit www.strathmore.org.

Collecting Toys

Last year, as part of Cabin John Volunteer Fire Department's tradition, Santa Claus rode through the Cabin John, West Bethesda and Potomac communities, collecting toys for the National Center for Children and Families in Bethesda, the USMC Toys for Tots Program and the Children's National Medical Center. In the coming weeks, there will be much of the same as Potomac rings out the holidays in 2016.



FILE PHOTO BY DEBORAH STEVENS/THE ALMANAC



National Philharmonic performs Handel's Messiah Dec. 17-18 at the The National Philharmonic Music Center at Strathmore in North Bethesda.



HOLIDAY ENTERTAINMENT & GIFT GUIDE

CALENDAR

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

2016 Inaugural Video Art Exhibition.

5-7 p.m. at Glen Echo Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photoworks showcases a group of female visual artists who use video to reveal the personal, the intimate and the artistic. Desires, dreams and fears are all visually explored in Photoworks' Inaugural Video Competition and Exhibition, curated by Na'ama Batya Lewin. Free. Visit www.glenechophotoworks.org for more.

Artomatic Arts Spectacular. Various times through Friday, Dec. 9 at 12435 Park Potomac Ave., Floors 5 and 6. Thursdays, noon-10 p.m.; Fridays: noon-midnight; Saturdays, noon-midnight; Sunday: noon - 6 p.m. Free admission, under 18 must be accompanied by an adult. Visit www.artomatic.org.

"Dialogue: A Visual Conversation." Through Jan. 5. Gallery hours at the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. "A Visual Conversation" is a collection of visual arts - paintings, photographs, digital images and more - resulting from an unusual collaboration between professional artists in the Washington area, and artists receiving mental health treatment from Cornerstone Montgomery. Free.

Visit www.Personalvisionsgallery.org. **Club Friday.** Through March 17, 7-9 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. Children grades 3-6 are invited to participate in games, crafts, movies, sports and more. Membership fee is \$88. Visit www.montgomerycountymd.gov/rec.

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda Listen to employees read children's stories. Free. Visit www.storelocator.barnesandnoble.com/event/4824850-21.

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

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit www.dancesidra.org.

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 www.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. 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-a-

longs, 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.

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free. Visit www.spagnvola.com.

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. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students. Visit www.artglasscenteratglenecho.org for more.

SEE CALENDAR, PAGE 9

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Potomac REAL ESTATE

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IN SEPTEMBER 2016, 36 POTOMAC HOMES SOLD BETWEEN \$1,999,996-\$490,000.

September, 2016 Sales, \$750,000~\$999,900



4 10217 Lloyd Road — \$799,900

8 9000 Marseille Drive — \$775,000



9 2618 Oakebshield Drive — \$770,000



10 11603 Greenlane Drive — \$750,000



1 10015 Gable Manor Court — \$999,900

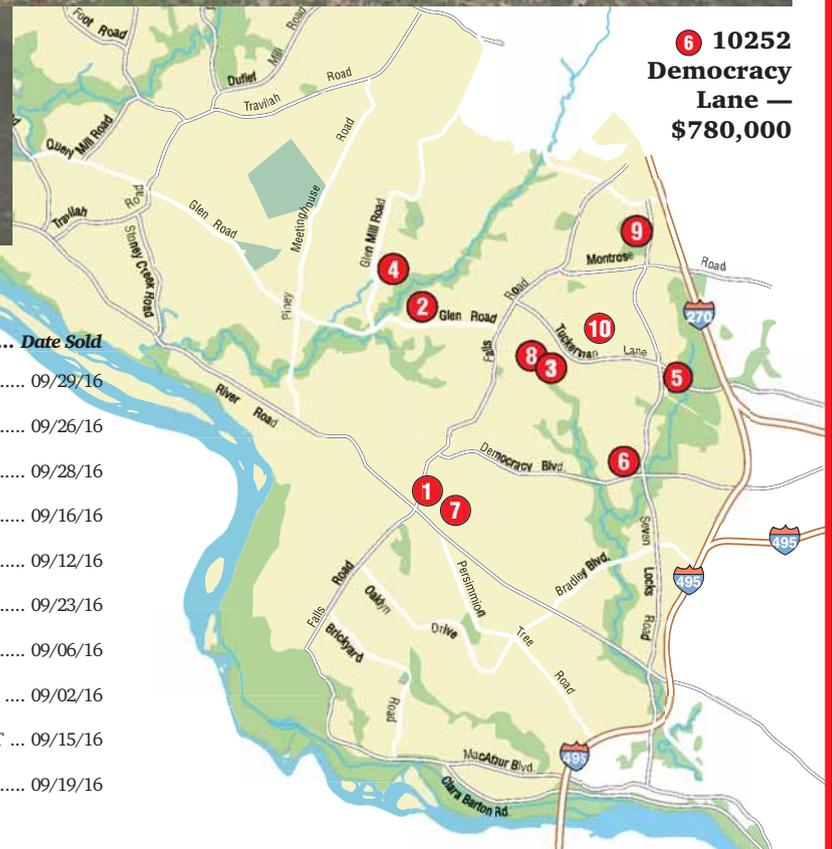


6 10252 Democracy Lane — \$780,000

Address BR FB HB Postal City . Sold Price ... Type Lot AC .. PostalCode Subdivision Date Sold

1	10015 GABLE MANOR CT	3	3	1	POTOMAC	\$999,900	Townhouse	0.19	20854	POTOMAC VILLAGE	09/29/16
2	11804 HUNTING RIDGE CT	5	3	1	POTOMAC	\$835,000	Detached	0.43	20854	COUNTRY PLACE	09/26/16
3	11144 POWDER HORN DR	4	3	1	POTOMAC	\$830,000	Detached	0.37	20854	WILLOWBROOK	09/28/16
4	10217 LLOYD RD	5	3	1	POTOMAC	\$799,900	Detached	1.00	20854	HOLLINRIDGE	09/16/16
5	11212 ANGUS PL	4	3	1	POTOMAC	\$788,888	Detached	0.19	20854	POTOMAC OUTSIDE	09/12/16
6	10252 DEMOCRACY LN	4	2	1	POTOMAC	\$780,000	Detached	0.10	20854	WORLAND	09/23/16
7	10000 HALL RD	4	3	1	POTOMAC	\$775,000	Detached	0.36	20854	POTOMAC VILLAGE	09/06/16
8	9000 MARSEILLE DR	3	2	0	POTOMAC	\$775,000	Detached	1.09	20854	LAKE NORMANDY ESTS	09/02/16
9	2618 OAKENSHIELD DR	5	2	2	ROCKVILLE	\$770,000	Detached	0.21	20854	POTOMAC WOODS EAST	09/15/16
10	11603 GREENLANE DR	7	5	1	POTOMAC	\$750,000	Detached	0.22	20854	REGENCY ESTATES	09/19/16

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CALENDAR

FROM PAGE 7

Yellow Barn Studio & Gallery. Saturdays and Sundays, 12-5 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 for more.

Acoustic Open Mic. Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. Visit www.bennysbargrill.com.

Potomac Games Group. Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com for more.

CAMPS, CLASSES & WORKSHOPS

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

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

THROUGH NOVEMBER

Arclight's Best of the Best Film Festival. Times vary at the Arclight, Westfield Montgomery, 7101 Democracy Blvd. Best Of The Best will feature works from a variety of filmmakers such as Steven Spielberg, Martin Scorsese, Ridley Scott, and Stanley

Kubrick. Call 240-762-4000.

THROUGH NOV. 20

"A Delicate Balance." 7 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. Edward Albee's Pulitzer-prize winning play. www.tinyurl.com/ADelicateBalance or call 301-299-7087.

THURSDAY/NOV. 17

Bob Stout. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. Sing along or dance the night away. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

Author Speaks on Spies and Espionage.

7-9 p.m. David E. Hoffman will speak at Potomac Community Village's meeting at the Bolger Center, 9600 Newbridge Drive, Potomac, about a true story of Cold War espionage and betrayal described in his new book, "The Billion Dollar Spy."



SATURDAY/NOV. 19

Dinner of Champions. 7 p.m. at JCC of Greater Washington, 6125 Montrose Road, Rockville. The annual event honors those who have achieved success in the world of sports, and those who have made extraordinary contributions to the community. The dinner benefits the Jewish Community inclusion programs for individuals with special needs. Individual tickets are \$275. Visit www.jccgw.org for more.

Washington Balalaika Society:

"Love and Laughter." 8 p.m. at F. Scott Fitzgerald Theatre, 603 Edmonston Drive, Rockville. Tickets

are \$25 for adults, \$20 for seniors, \$25 for students, and for children 18 and under. Visit www.balalaika.org for more.

Haven Universe Holds Saturday Night Alive. 5-7 p.m. at Lakeland Park Middle School at 1200 Main St., Gaithersburg. Haven Universe of Potomac is collecting canned goods to feed the homeless people of Montgomery County.

Celebrate Thanksgiving With Turkeys. Noon-4 p.m. at Poplar Spring Animal Sanctuary, 15200 Mt. Nebo Road, Poolesville. Dine with rescued turkeys and all their friends in celebrating a cruelty-free Thanksgiving potluck. Please bring a vegan (no meat, dairy, or eggs) dinner or dessert item to serve eight people. \$10 suggested donation to benefit the animals. No charge for children under 16. The turkeys will be fed at 1 p.m. at a special table loaded with grapes, shredded lettuce, chopped apples, and other favorite treats.

SATURDAY-SUNDAY/NOV. 19-20

School Holiday Shopping Extravaganza. Saturday, Nov. 19, 9 a.m.-5 p.m. and Sunday, Nov. 20, 10 a.m.-5 p.m. at Holy Child, 9029 Bradley Blvd., Potomac. The 12th annual holiday shopping extravaganza has over 60 vendors under one roof. www.holychild.org.

SUNDAY/NOV. 20

Photo Slam 2016: The After Party. 10 a.m.-12 p.m. at Photoworks, 7300 MacArthur Blvd, Glen Echo. Participants from Photo Slam 2016, as well as photographers from the Photoworks community are invited to bring in their images on a flash drive for a Projected Review and Photo Critique with faculty. Tickets are \$10 for brunch and portfolio review. Visit www.glenechophotoworks.org for more.

Jake Shimabukuro. 7:30 p.m. at Strathmore, 5301 Tuckerman Lane, North Bethesda. Hawaii-born

Shimabukuro melds elements of pop and jazz into his passionate performances. In addition to his original compositions, Shimabukuro's repertoire ranges from Queen's "Bohemian Rhapsody" to Schubert's "Ave Maria." 301-581-5100 or www.strathmore.org

SUNDAY/NOV. 20

The Potomac River Jazz Club. 3-6 p.m. at Alfio's Restaurant, 4515 Willard Ave., Chevy Chase. Monthly traditional jazz jam session at Alfio's instead of Normandie Farm Restaurant. \$10 admission, free for jammers and students. Call 301-762-3323, or visit prjc.org.

WEDNESDAY/NOV. 23

Tom Saputo. 7-10:30 p.m. at Margery's Lounge at Normandie Farm Restaurant, 10710 Falls Road. For a complete schedule of entertainment through the month of November, call 301-983-8838 or go to popovers.com.

THURSDAY/NOV. 24

Turkey Chase. 8:30 a.m. at 9401 Old Georgetown Road at Spruce Street. The Turkey Chase 10K Run benefits the YMCA Bethesda-Chevy Chase, YMCA's Youth and Family Services and the Bethesda-Chevy Chase Rotary Club Foundation. Includes a two-mile walk/run; wheelchairs welcome. Registration is \$10 for the Kid's Run, \$20 for the 2 mile race, and \$35 for the 10K. See www.turkeychase.com.

Community Thanksgiving Service. 10:30 a.m. St. James' Episcopal Church, 11815 Seven Locks Road, Potomac. Annual ecumenical community Thanksgiving Service. Collecting donations of nonperishable food for Samaritan Ministry. 301-762-8040 www.stjamespotomac.org

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume, polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session III takes place Jan. 23, 25, 27, 30, Feb. 1, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

boards/index.html.

WEDNESDAY/JAN. 4

Entry Deadline. The Bethesda Arts & Entertainment District is looking for short documentary films for the the fifth annual Bethesda Film Fest, a documentary film festival on March 17-18, 2017 at Imagination Stage, 4908 Auburn Ave., Bethesda. Entries can be submitted online at www.bethesda.org. For an application, visit www.bethesda.org or call 301-215-6660.

BEGINS JAN. 23

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/NOV. 29

Online Discussion with County Executive Ike Leggett Rescheduled. The "virtual" town hall meeting with Montgomery County Executive Ike Leggett which was scheduled for Tuesday, Nov. 15,

has been rescheduled to Tuesday, Nov. 29 from 2-3 p.m. County residents may submit questions to the County Executive before and during the chat at www2.montgomerycountymd.gov/.

WEDNESDAY/NOV. 30

Application Deadline. Currently, there is an opportunity to serve on the County-wide Recreation and Parks Advisory Board. Access vacancy announcements for boards, committees, and commissions through the following link: www.montgomerycountymd.gov/

LET'S TALK Real Estate



by Michael Matese

The Privacy of the Client

High-profile clients require a Realtor® who is well-versed in issues regarding privacy, discretion and efficiency. An agent who is skilled in the purchase or sale of a luxury home is in themselves a treasure; to secure a Realtor® who is skilled in transactions while maintaining professional discretion and protecting the privacy of high-profile clients is an achievement that is truly worth its weight in gold! Knowing and understanding the specialized needs of the client is first and foremost, as well as having a strong game plan in place as to how to achieve the goals of the client. Specialized circumstances call for customized action plans. With high-profile clients, in addition to meeting with the buyer or seller, it is often necessary to meet with handlers, design teams and decorators to establish guidelines that will facilitate a successful venture. In these circumstances, networking is of the utmost importance, as is prudence and discretion in the networking chain-of-command. It is not uncommon in high-profile transactions for the Realtor® to pre-screen properties, often under the direction of decorators, designers and handlers, in order to offer a limited amount of options to then present to the client as a showcase. From there, if the gallery meets the client's criteria, the Realtor® often arranges for private showings of the properties, with co-operative work between the client's team and the Realtor® being the strongest point of the transaction. Here again, discretion and prudence are essential elements to the success of the endeavor. For high-profile clients, the safeguarding of their privacy and their transaction are of the utmost importance—for luxury home Realtors®, these clients may require a revamped action model, but to facilitate the needs of these clients, while maintaining professional discretion can be a feather in the cap of even the most experienced, skilled Realtor®, opening up a whole new level of clients who place their confidence in the security that their privacy is in good hands.

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

**MICHAEL MATESE
Long & Foster Realtors
301-806-6829**

Mike@michaelmatese.com

A free special event...

David E. Hoffman, on his book,
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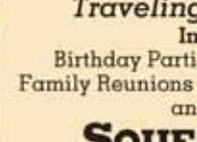






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OPINION

Holidays Are for Giving

Give thanks and share locally; tens of thousands of families around us are in need.

The holidays are about giving, and giving thanks. The holidays are about children and family. The holidays are about sharing, about joy. The holidays are about being thankful and about faith and appreciation. The holidays are about alleviating suffering for others.

Montgomery County is among the wealthiest areas in the country, and Potomac is one of the wealthiest spots in Montgomery County. Many if not most of us go through our usual

routines without encountering evidence of needy families among us.

In Montgomery County Public Schools, 36.6 percent of the students are poor enough to qualify for subsidized meals. That's more than 58,000 children.

These are children who are living in families who may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. These are children who may not be sure that they will have

a meal between the meals they get in school. School holidays can bring uncertainty and hunger, a far cry from the celebrations, gifts and plenty that we associate with Thanksgiving and Christmas.

Hundreds of homeless students attend the public schools, and their needs are greater.

There are literally hundreds, probably thousands, of ways to give locally this season. Here are a few ideas. We will rerun this list again during the holiday, so let us know what we have missed.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

Potomac: Where to Give Locally

❖ **Manna Food Center**, 9311 Gaither Road, Gaithersburg, MD 20877, 301-424-1130 www.mannafood.org

Manna Food Center, the main food bank in Montgomery County, strives to eliminate hunger through food distribution, education, and advocacy. Manna has distributed more than 43 million pounds of food to more than 2.7 million individuals. Manna provided food to 5 percent of Montgomery County residents this past year.

❖ **Mercy Health Clinic**, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878

Mercy Health Clinic is a free, community-based volunteer organization providing quality healthcare to uninsured, low-income residents of Montgomery County. The clinic, located in Gaithersburg, depends on the expertise of volunteers, healthcare professionals and support from community partners to provide quality care to those in need. The clinic is staffed with medical professionals including family practice physicians, cardiologists, endocrinologists, nurse practitioners, nurse assistants, translators and behavioral health counselors. The free clinic serves around 2,000 patients annually through the efforts of more than 50 volunteer physicians and over 100 medical and administrative volunteers.

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

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

❖ **Montgomery County Coalition for the**

Homeless, www.mcch.net, 600-B East Gude Drive, Rockville, MD 20850 301-217-0314

Montgomery County Coalition for the Homeless (MCCH), a community-based nonprofit organization, provides permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year.

❖ **Shepherd's Table**, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-6463 Shepherd's Table is a nonprofit organization, supported by volunteers, religious organizations, government, businesses, foundations, and individual donors. Shepherd's Table provides help to people who are homeless or in need by providing basic services, including meals, social services, medical support, clothing, and other assistance. Volunteer needed daily. <https://shepherdstable.org/volunteer/>

❖ **Fisher House**, Walter Reed Army Medical Center, www.fisherhouse.org, 111 Rockville Pike, Suite 420, Rockville, Maryland 20850, 888-294-8560

The Fisher House program supports members of the military and their families when they travel great distances for specialized medical care. Fisher House Foundation donates "comfort homes," built on the grounds of major military and Veterans medical centers, including Walter Reed in Bethesda. These homes enable family members to be close to a loved one at the most stressful times.

❖ **Friends in Action**, www.iworksmc.org/friends-in-action, 114 West Montgomery Ave., Rockville, MD 20850, 301-762-8682

Founded by Interfaith Works (formerly Community Ministry of Montgomery County) in 1986, Friends in Action recruits and trains a network of people from all faiths and ethnic backgrounds. Volunteer mentoring teams are linked for one year in a supportive relationship to a needy family in their

polish networking and interviewing skills, use Internet job search resources more effectively, and turn age and experience to an advantage. Each session of the Career Gateway features 30 hours of small-group classroom instruction over five days, comprehensive take-home materials, practical exercises, and a long-term mentor. \$75. Session IV takes place Feb. 27, March 1, 3, 6, 9, 2017. Call Ellen Greenberg at 301-255-4215 or email egreenberg@AccessJCA.org.

GUIDE DOG FOSTERS NEEDED

Guiding Eyes for the Blind - Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided.

Contact Margie Coccodrilli at 301-869-2216 or gebraiser@comcast.net or visit www.guidingeyes-md.org.

SUPPORT GROUPS

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-

community. The goal of the program is to help the family identify their strengths and develop attainable and manageable goals that guide them toward financial independence and personal well being.

❖ **A Wider Circle** 4808 Moorland Lane Suite 802, Bethesda, MD 20814; 301-608-3504; www.awidercircle.org/

A Wider Circle is a 501(c)(3) nonprofit organization whose mission is to help children and adults lift themselves out of poverty. A Wider Circle pursues its mission by providing urgent, basic need items to families transitioning out of shelters or simply living without life's necessities. It also goes into low-income schools, shelters, and community centers to lead free, educational workshops on topics ranging from job skills and financial planning to nutrition.

❖ **Bethesda Cares, Inc.** 7728 Woodmont Avenue, Bethesda, MD 20814; 301-907-9244

<http://bethesdacares.org/how-you-can-help/> Bethesda Cares Inc. is a community outreach program for the homeless. Its programs respond the needs of the Bethesda area homeless. It also works to keep people in their homes through its eviction prevention program.

❖ **Combat Soldiers Recovery Fund** 3804 Williams Lane, Chevy Chase, MD 20815; 301-986-4851

The Combat Soldiers Recovery Fund has 501(c)(3) status. Contributions are tax deductible and aid soldiers wounded in service of our nation. It provides 100 percent of every donation directly to wounded soldiers recovering at military hospitals in the Washington, D.C. area. No overhead. No bureaucracy. Contributions from individuals and corporations provide immediate funds for the everyday needs of soldiers facing a long, hard recovery far from home. <http://www.combatsoldiersrecoveryfund.org/>

2708.

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email hbrite1@netzero.com or call 301-530-3597.

Adult Bereavement Groups. Dates and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups. Free. Contact Penny Gladhill at 301-990-8904, or PennyG@hospicecare.org.

BULLETIN BOARD

FROM PAGE 9

BEGINNING JAN. 24

Environmentally Sound

Gardening. 9:30 a.m.-2:30 p.m. at the Agricultural History Farm Park, 18410 Muncaster Road, Derwood. Classes meet Tuesdays, Wednesdays and Fridays and continue into March. Faculty and staff of the University of Maryland Extension, as well as other experts in the green industry present horticulture lectures that cover a variety of topics. Registration deadline is Friday, Dec. 30, 2016. Class size is limited and filled on a first-come, first-served basis. The training fee is \$325. Call 301-590-2836 to register.

BEGINS FEB. 27

Job Search Training for Seniors. 9 a.m.-4 p.m. JCA's Career Gateway Program can help hone a resume,

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PUBLISHER

Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-778-9415

E-MAIL:

almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

ASSISTANT EDITOR

Mike Salmon
msalmon@connectionnewspapers.com

CONTRIBUTING WRITERS

Susan Belford, Carole Dell,
Cissy Finley Grant, Carole Funger,
Colleen Healy, Kenny Lourie,
Ken Moore

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly,
Ali Khaligh

Production Manager

Geovani Flores

ADVERTISING

For advertising information
sales@connectionnewspapers.com
703-778-9431

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 301-325-1398
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Jerry Vernon

Executive Vice President
703-549-0004
jverson@connectionnewspapers.com

CIRCULATION: 703-778-9427
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Feeling a Little Better



By KENNETH B. LOURIE

Just as last week's column attempted to describe the loss a surviving cancer patient feels when a fellow cancer patient succumbs to his disease, this week's column will attempt the opposite: describe the feeling a surviving cancer patient feels when a new lung cancer patient joins the club. Specifically, an individual (who I met this week, coincidentally) who exudes the kind of confidence and positive attitude necessary to endure the bumpy road ahead. Unfortunately, one doesn't always have the luxury to avoid the road/not join the club; to quote Grouch Marx: "I don't want to belong to a club that will accept me as a member." If only it were that funny - and simple.

With respect to lung cancer patients, typically a late-stage diagnosis: stage IV (there is no stage V), is heard early on the initial appointment with one's oncologist. Given that there is at present, no agreed-upon approach to screen for lung cancer and in many cases, patients are often symptom-free or experiencing discomfort not in the lungs; nor having any difficulty breathing, coughing or coughing up blood, among other symptoms, especially so for non-smokers who now represent upwards of 25 percent of new lung cancer patients, this is not uncommon. For multiple reasons then, lung cancer remains the leading cause of cancer deaths in this country, projected at 158,000 in 2016, as well the leading cause of new cases of cancer reported every year, projected at 225,000, "more than colon, breast and prostate cancer combined," according to cancer.org. One percent live beyond two years, according to cancer.net

Generally speaking then, one can say, with a reasonable amount of confidence, that receiving a diagnosis of lung cancer is devastating news and for a few days anyway, knocks the wind completely out of your sails, even if you don't own a sailboat. It's almost impossible, eight years post-diagnosis, to articulate exactly how I felt when a doctor (an oncologist) whom I had never met told me I had stage IV, non-small cell lung cancer and advised me I had "13 months to two years" to live (I was 54 and a half at the time and a life-long non-smoker). Out of the blue doesn't even begin to describe my reaction. Surreal, which was my general sense of what I had just heard is also a very common description, as I have likewise heard and read from other newly diagnosed cancer patients.

So you need to find help anywhere you can get it. For me, the most valuable help was/is emotional: people being supportive, encouraging, funny, unafraid to face my reality and most importantly, positive - about the negative. Don't tell me anything that I'm doing is bad. Tell me everything I'm doing is good. Minimize the negative and maximize the positive. Don't be overconfident but do be underwhelmed. Take my circumstances in stride. Don't walk quietly and don't carry a big stick. Treat me normally - in spite of my cancer, as you would had I not been so diagnosed. If I am treated in these ways, I will - and think I have become, a welcome addition to the club. Because this is a club that needs individuals to step up and fight not only for themselves but for to others as well. And if in fact what goes around comes around, I will be similarly embraced and moreover, cared for and about; and it's the strength in these numbers that will empower me to be the best cancer patient I can. And when I meet a fellow cancer patient, this how I will roll: concerned but emotionally available, serious but funny, respectful but disarming, realistic but hopeful and always positive about their negative. If I am turn treated in a similar way and the patient expresses the kind of good-in-the-locker-room type of attitude necessary for the long journey ahead, I will feel stronger and more hopeful for my own circumstances than I would have had I not met this new patient. Cancer shouldn't be a singular pursuit. I need your help, and I'm willing to offer mine. If we help other, we'll both be better served because of it. This is not meant to be selfish, it is meant to be selfless. There is no "I" in cancer.

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

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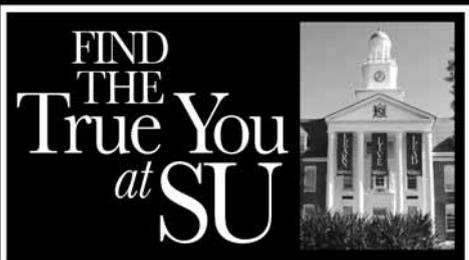
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Centre View South
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21 Announcements

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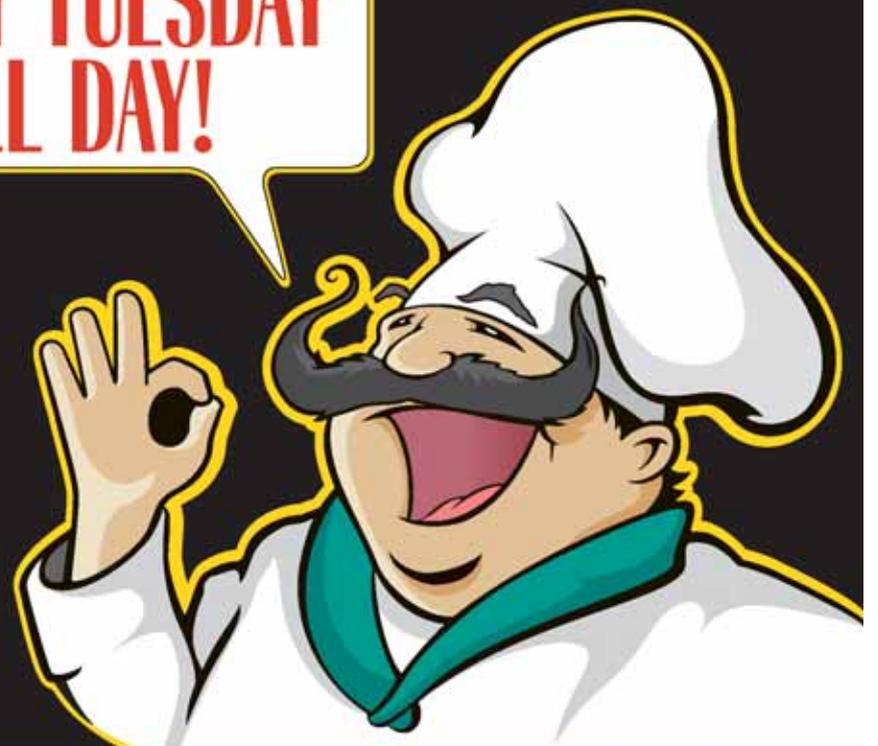
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