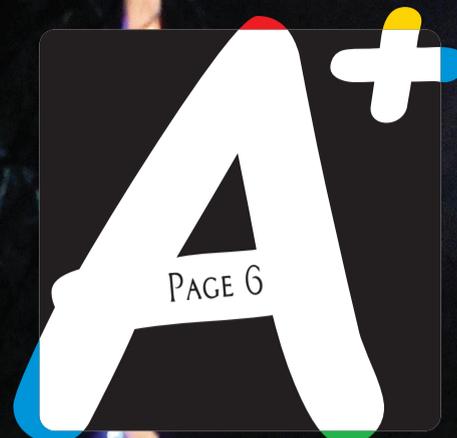


Potomac ALMANAC



Tabitha, Austin, and Brandon Kidd choose their Christmas tree at the Cabin John Park Volunteer Fire Department Station.

Picking Out Their Christmas Tree

NEWS, PAGE 3

Sharing the
Festival of Lights

NEWS, PAGE 3

Relieving Stress

A+, PAGE 6

ENTERTAINMENT, PAGE 5 ♦ CLASSIFIEDS, PAGE 7

PHOTO BY DEBORAH STEVENS/THE ALMANAC

DECEMBER 20-26, 2017

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

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September, 2017 Sales, \$495,000~\$665,000

IN SEPTEMBER 2017, 44 POTOMAC HOMES SOLD
BETWEEN \$3,350,000-\$495,000.



1 1405 Longhill Drive — \$665,000



5 11812 Hunting Ridge Court — \$635,000



4 9432 Bentrige Avenue — \$645,000



6 1390 Stratton Drive — \$635,000



3 10949 Whiterim Drive — \$650,000



2 11912 Jubal Early Court — \$660,000

Address.....	BR	FB	HB	Postal City	Sold Price.....	Type.....	Lot AC	Postal Code.....	Subdivision.....	Date Sold
1 1405 LONGHILL DR	4	3	1	POTOMAC	\$665,000	Detached	0.24	20854	HORIZON HILL	09/07/17
2 11912 JUBAL EARLY CT	3	3	0	POTOMAC	\$660,000	Detached	0.21	20854	REGENT PARK	09/18/17
3 10949 WHITERIM DR.....	3	2	2	POTOMAC	\$650,000	Townhouse	0.04	20854	FAWSETT FARMS MANOR	09/15/17
4 9432 BENTRIDGE AVE	3	3	1	POTOMAC	\$645,000	Townhouse	0.06	20854	FALLSREACH	09/08/17
5 11812 HUNTING RIDGE CT5	3	1	1	ROCKVILLE	\$635,000	Detached	0.39	20854	GLEN OAKS	09/29/17
6 1390 STRATTON DR.....	4	2	1	POTOMAC	\$635,000	Detached	0.22	20854	POTOMAC WOODS	09/28/17
7 1437 LONGHILL DR	5	2	1	ROCKVILLE	\$599,950	Detached	0.26	20854	HORIZON HILL	09/08/17
8 8113 INVERNESS RIDGE RD.	3	3	1	POTOMAC	\$595,000	Townhouse	0.05	20854	INVERNESS FOREST TH	09/28/17
9 12112 BENTRIDGE PL.....	3	2	1	POTOMAC	\$495,000	Townhouse	0.03	20854	FALLSREACH	09/15/17

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Sharing the Festival of Lights

Congregation Har Shalom gathers for Hanukkah.

BY PEGGY MCEWAN
THE ALMANAC

It was cold and windy Tuesday, Dec. 12, the first night of Hanukkah, when children from Congregation Har Shalom religious education classes, their teachers and parents gathered outside to light the Hanukkah menorah.

So windy in fact that the candle kept blowing out.

But no one was daunted. They were, after all, celebrating a miracle.

Hanukkah is an eight-day festival celebrating the rededication of the second Jewish Temple at Jerusalem. Though there was only enough oil to burn the temple candles for one day, the light burned for eight days, allowing time for new oil to be found.

In honor of this miracle, Jewish people have celebrated Miracle of Lights for centuries, lighting an additional candle on the menorah each night for eight nights.

“The light reminds us that not only have we fought for our freedom, but we want to inspire others to stand up for justice, fight for freedom, light up dark places,” Rabbi Adam Raskin, of Congregation Har Shalom, told the group.

That is why the congregation has its menorah close to Falls Road for passersby to see, he said.

In addition to the candle lighting, celebrants prayed a blessing and sang traditional songs led by Cantor Henrique Ozur Bass.

The center candle, the Shamash, is used to light the others, said Jennifer Newfeld,

director of education at Congregation Har Shalom.

“The other [candles] are not allowed to do any work because the only thing they are supposed to do is publicize the miracle,” she said.

Members of the congregation also hosted a Fire and Ice celebration at Rockville town Square Saturday night. During that time they lit five candles on a menorah followed by a community ice skate.



Rabbi Adam Raskin of Congregation Har Shalom on Falls Road reminds children of the symbolism of lighting the menorah on Tuesday, the first night of Hanukkah.



Cantor Henrique Ozur Bass leads students in song Tuesday at the first night lighting of the Menorah at Congregation Har Shalom on Falls Road.



On a Mission

The Cabin John Park Volunteer Fire Department Santa rides the fire truck into neighborhoods, delighting families and collecting toys for children living in homeless shelter.



'Tis the Season

Alethea and Jon Bacos with Echo at the Christmas tree display at the Cabin John Park Volunteer Fire Department Station.

PHOTO BY
DEBORAH STEVENS/
THE ALMANAC

OPINION

Merry Christmas

Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

The pages of the Connection Newspapers (including the Alexandria Gazette Packet, the Mount Vernon Gazette, the Potomac Almanac and the Centre View) have been full of holiday spirit beginning before Thanksgiving. Group and individual efforts to help the needy, holiday parades, Santa arriving by boat, Santa arriving by horse-drawn carriage, Santa arriving at the Malls, tree lightings, Menorah lightings, stories of giving, secular celebrations, religious celebrations. Shopping locally. Giving locally. Christmas is about the birth of Jesus Christ. Whether you believe the Christmas story literally or in spirit, you know it is the story of joy, hope and love, with the promise of redemption.

It is also about embracing the teachings of Jesus: to love thy neighbor as thyself; to help the needy; to feed the hungry and clothe the poor; to care for those who are sick; to invite and welcome strangers; to treat others as you would have them treat you.

EDITORIAL

Matthew 7:12: "So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets."

EDITORIAL

Matthew 25:35-40: "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me."

"Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?'"

"Truly I tell you, whatever you did for one

of the least of these brothers and sisters of mine, you did for me."

SO LET US SHARE the verse relating the birth of Jesus from the Bible, Luke 2: 4-19:

"And Joseph also went up from Galilee, out of the city of Nazareth, into Judaea, unto the city of David, which is called Bethlehem; (because he was of the house and lineage of David:) To be taxed with Mary his espoused wife, being great with child. And so it was, that, while they were there, the days were accomplished that she should be delivered. And she brought forth her firstborn son, and wrapped him in swaddling clothes, and laid him in a manger; because there was no room for them in the inn.

"And there were in the same country, shepherds abiding in the field, keeping watch over their flock by night. And, lo, the angel of the Lord came upon them, and the glory of the

"Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me."

Lord shone round about them: and they were sore afraid. And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people.

"For unto you is born this day in the city of David a Saviour, which is Christ the Lord. And this shall be a sign unto you; Ye shall find the babe wrapped in swaddling clothes, lying in a manger.

"And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, Glory to God in the highest, and on earth peace, good will toward men.

"And it came to pass, as the angels were gone away from them into heaven, the shepherds said one to another, Let us now go even unto Bethlehem, and see this thing which is come to pass, which the Lord hath made known unto us. And they came with haste, and found Mary, and Joseph, and the babe lying in a manger. And when they had seen it, they made known abroad the saying which was told them concerning this child. And all they that heard it wondered at those things which were told them by the shepherds."

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

Editor's Note About the Rest of 2017

This is our last regular edition of 2017. Next week, after Christmas, we will publish our annual Children's Issue, devoted entirely to the artwork and writing of local students. We have more submissions from local students than ever, and so some children's and teens' artwork and writing will spill over into the first week of the new year.

Our next regular edition will publish Jan. 3-4, 2018, with deadline for content and advertising of Dec. 30 (late ads accepted).

In the meantime you can reach the editors

at editors@connectionnewspapers.com and sales/marketing/advertising at sales@connectionnewspapers.com.

Find digital replica editions of recent papers at www.ConnectionNewspapers.com/PDFs. Past issues of the Connection back to 2008 are available at connectionarchives.com/PDF/Advertising information, Special Section details here www.connectionnewspapers.com/advertising

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BULLETIN BOARD

Submit civic/community announcements at ConnectionNewspapers.com/Calendar. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

HOLIDAY SOBER-RIDE

Free Sober Rides. The annual Holiday SoberRider program will operate 8 p.m.-4 a.m. each night from Friday, Dec. 15, 2017-Monday, Jan. 1, 2018. Area residents age 21 and older celebrating with alcohol may download Lyft to their phones, then enter the code in the app's "Promo" section to receive their no cost (up to \$15) safe transportation home. WRAP's weekly Holiday SoberRide promo codes will be posted at 2 p.m. on Dec. 15, Dec. 23 and Dec. 31 on www.SoberRide.com.

WINTER GUIDE AVAILABLE

The 2017-2018 winter issue of the Montgomery County Guide for Recreation and Parks programs is now available to the public. The Winter Guide features a wide variety of classes and programs designed to help participants stay active and have fun. To view the Winter Guide online, visit www.montgomerycountymd.gov/rec/Resources/Files/publications/WinterGuide2017-2018.pdf.

Blood Donations Needed. The American Red Cross urges eligible donors to give more life by giving blood this December. In December, donations decline but the needs of patients remain steady. During the holiday season, set aside an hour to give the most important gift – give blood and give more life. All those

who come to give blood or platelets Dec. 21, 2017, through Jan. 7, 2018, will receive a long-sleeved Red Cross T-shirt, while supplies last. Make an appointment to give blood by visiting redcrossblood.org or calling 1-800-733-2767.

- ♦ Rockville-Rockville Blood Donation Center, 11820 Parklawn Drive (unless otherwise noted)
 - Dec. 20: 7:45 a.m.-2:45 p.m.
 - Dec. 21: 12:45-5:45 p.m.
 - Dec. 22: 7:45 a.m.-3 p.m.
 - Dec. 23: 7:45 a.m.-3 p.m.
 - Dec. 24: 7:45 a.m.-2:45 p.m.
 - Dec. 26: 12:45-5:45 p.m.
 - Dec. 27: 7:45 a.m.-2:45 p.m.
 - Dec. 28: 12:45-5:45 p.m.
 - Dec. 29: 7:45 a.m.-3 p.m.
 - Dec. 30: 7:45 a.m.-3 p.m.
 - Dec. 31: 7:45 a.m.-2:45 p.m.
- ♦ Silver Spring
 - Dec. 20: 10 a.m.-3 p.m., American Nurses Association-Silver Spring,

8515 Georgia Ave., Suite 400
Dec. 21 and 26: 1:30-7 p.m., Montgomery Chapter House, 2020 East West Highway
Dec. 26: 2-6 p.m., Long Branch Library, 8800 Garland Ave.

MONDAY/JAN. 8

Budget Forum. 7 p.m. at the Bethesda-Chevy Chase Regional Services Center, 4805 Edgemoor Lane, Bethesda. Montgomery County Executive Isiah Leggett is holding a budget forum to seek input from residents about Fiscal Year 2019 (FY19) Operating Budget priorities. The County Executive will announce his Recommended FY19 Operating Budget on March 15. If services or aids are needed to participate, call 240-777-6507, Maryland Relay 711 or email a request to Karen.falcon@montgomerycountymd.gov. Visit www.montgomerycountymd.gov.

POTOMAC ALMANAC

www.PotomacAlmanac.com

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ENTERTAINMENT

Submit entertainment announcements at www.connectionnewspapers.com/Calendar/. The deadline is noon on Friday.

ONGOING

Friends of the Yellow Barn.

Through Dec. 23, The Yellow Barn Studio gives annual members show. Visit www.glenechopark.org or www.yellowbarnstudio.com. Call 301-634-2222.

Winter Lights Festival.

Through Dec. 31, 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. Additional events include Wine Under the Lights, Run Under the Lights, Leashes 'n' Lights, and, S'More Lights & Trolley Rides. Visit www.gaithersburgmd.gov/leisure/special-events/winter-lights-festival.

Silver and Gold Exhibit.

Various times through Jan. 6 at The Waverly Street Gallery, 4600 East West Highway, Bethesda. Call 301-951-9441.

THROUGH DEC. 31

The Nutcracker Puppet Show.

Various times at the Puppet Co. Playhouse 7300 MacArthur Blvd., Glen Echo. The story of Clara-Marie's favorite toy and their adventures together in the Land of the Sugarplum Fairy. \$12. 5 years old - adult. Call 301-634-5380 or visit www.thepuppetco.org.

Frosty the Snow Man on Stage.

Various times at the Glen Echo theater, 7300 MacArthur Blvd., Glen Echo. Frosty dances into the hearts of kids and adults alike. \$12. 5 years

old - adult. Call 301-634-5380.

THURSDAY/DEC. 21

Holiday Caroling and Concert.

1-2 p.m. at the White Oak Senior Center, 1700 April Lane, Silver Spring. Eggnog and hot cider while singing holiday tunes with the North Potomac Amazing Senior Singers. Call 240-777-6944.

FRIDAY/DEC. 22

Holiday Party with DJ Tyzer.

noon-2 p.m. at the Margaret Schweinhaut Senior Center, 1000 Forest Glen Road, Silver Spring. Nutrition program will provide lunch followed by moving and shaking on the dance floor. Call 240-777-8085.

WEDNESDAY/DEC. 26

Animation Workshop.

1:30 p.m. at Century Blvd. Germantown. Montgomery County Public Libraries (MCPL) will offer several Animation Workshops during the Montgomery County Public Schools' winter break. The hands-on, one-hour programs are designed to show participants how to animate their drawings and create a flipbook. The programs are for ages 10-14 years old. All supplies will be provided. Free. Call 240-777-0006.

THURSDAY/DEC. 27

Animation Workshop.

1:30 p.m. at Gaithersburg Library, 18330 Montgomery Village Ave., Gaithersburg. Montgomery County Public Libraries (MCPL) will offer several Animation Workshops during the Montgomery County Public Schools' winter break. The hands-on,

one-hour programs are designed to show participants how to animate their drawings and create a flipbook. The programs are for ages 10-14 years old. All supplies will be provided. Free. Call 240-777-0006.

THURSDAY/DEC. 27

Animation Workshop.

10:30 a.m. at Gaithersburg Library, 18330 Montgomery Village Ave., Gaithersburg. Montgomery County Public Libraries (MCPL) will offer several Animation Workshops during the Montgomery County Public Schools' winter break. The hands-on, one-hour programs are designed to show participants how to animate their drawings and create a flipbook. The programs are for ages 10-14 years old. All supplies will be provided. Free. Call 240-777-0006.

FRIDAY/DEC. 28

Animation Workshop.

10:30 a.m. at Twinbrook Library, 202 Meadow Hall Drive, Rockville. Montgomery County Public Libraries will offer several Animation Workshops during the Montgomery County Public Schools' winter break. The hands-on, one-hour programs are designed to show participants how to animate their drawings and create a flipbook. The programs are for ages 10-14 years old. All supplies will be provided. Free. Call 240-777-0006.

FRIDAY/DEC. 28

Animation Workshop.

1:30 p.m. at Aspen Hill Library, 4407 Aspen Hill Road, Rockville. Montgomery County Public Libraries (MCPL) will offer several Animation Workshops during the Montgomery County Public



Art Exhibit

The "Silver and Gold," exhibit Will be at The Waverly Street Gallery, 4600 East West Highway, Bethesda through Jan. 6 . Call 301-951-9441 for more.

Schools' winter break. The hands-on, one-hour programs are designed to show participants how to animate their drawings and create a flipbook. The programs are for ages 10-14 years old. All supplies will be provided. Free. Call 240-777-0006.

SATURDAY/DEC. 30

Family Painting Fun.

2-5 p.m. at VisArts, 155 Gibbs St., Suite 300, Rockville. Blank 16-inch-by-20-inch canvas, acrylic paint, brushes, easel, and aprons provided. Visit www.visartsatrockville.org/.

New Year's Party.

6-10 p.m. at the Holiday Park Senior Center, 3950 Ferrara Drive, Wheaton. Ring in the New Year a night early with party hats, streamers, and plenty of dancing. For ages 15 and up with disabilities. \$10. Call 240-777-4999.

SATURDAY/JAN. 6

Art Retreat. 10 a.m.-3:30 p.m. in the Buchanan Room, VisArts, 155 Gibbs St., Rockville. \$50. Visit www.visartsatrockville.org/.

An Evening of Russian Jewels.

8 p.m. at the Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Pianist Alexander Paley, internationally acclaimed concert soloist and soloist with orchestras throughout the US, Europe, China and South America, returns for his only annual concert in the DC area. Visit www.westmorelanducc.org/.

SUNDAY/JAN. 7

Meet the Artist.

3-5 p.m. at the River Road Unitarian Universalist Congregation, 6301 River Road, Bethesda. Judith L. Smith will be displaying her "Journeys!" exhibit. Call 202-234-4887 or email soleilart8@aol.com.



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6:00 pm	Cantor/Hand Bells
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10:00 pm	Schola/Strings/Trumpet/Flute

Christmas Day, Monday, December 25

Prelude music begins fifteen minutes before Mass

9:00 am	Choir
11:00 am	Vocal Quartet
5:00 pm	

ADDITIONAL MASS INFORMATION

Tuesday, December 26, 2017

9:00 am no 7:00 am or 8:30 am Mass

Monday, January 1, 2018

New Year's Day, Mary, Mother of God

9:00 am

no 7:00 am or 8:30 am Mass

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Finding Peace and Joy

Relieving stress and finding meaning in the holiday season.

BY MARILYN CAMPBELL

When artist Kathryn Coneway is feeling overwhelmed by the stress of the holiday season, she heads outside to find peace and calm in nature.

“I get easily overwhelmed by the crowded parking lots and busy stores,” she said. “When I’m feeling overwhelmed, I’ll go to Huntley Meadows Park and walk around. The beauty of nature restores me. You’re with other people when you’re there, but there’s still solitude.”

From those who are dashing to finish holiday shopping and those who are financially strapped to those grieving a loss or dreading dealing with strained familial relationships, the stretch of time between Thanksgiving and Christmas is often hectic and emotionally charged. Recharging and infusing the holidays with joy and peace might mean redefining the holiday season.

“Research shows increased happiness after thinking of three good things that happened to you today and what caused them,” said Jerome Short, Ph.D., associate professor of psychology at George Mason University. “Also, people report improved mood from doing five kind acts in a day, expressing gratitude, pursuing important goals, and playing sports.”

An evening of music and quiet creativity is one method that Elizabeth Rees, associate rector

at Saint Aidan’s Episcopal Church in Alexandria uses to recharge during the holiday season. The event called “Healing Arts” is held at the Center for Spiritual Deepening at St. Aidan’s. “Sometimes for me, meditative art helps me to get into a different space,” she said. “And with instrumental cello and guitar music in the background, it [is] beautiful.”

Visual imagery is another technique Rees employs. “I went to a... prayer-yoga-dance gathering this week, and [the instructor] had us physically pretend to pick up things that we want to let go of or that are weighing us down to place on an imaginary fire,” she said. “I loved the imagery: my burdens and distractions going up in smoke along with my prayers rising to God to make space in me for something new.”

Coneway uses the season’s natural surrounding to inspire her art, which is another way in which she finds joy and relaxation. “The gift of this time of day is the display of light and colors of early morning and evening,” she said. “I encourage families to gather around the table and [create] art together. Whether its parents addressing Christmas cards while children are drawing or making a collage out of wrapping paper or tissue paper, I encourage families to work on something together.”

Serving others and expressing gratitude are research-driven techniques for finding happiness says Dr. Lois T. Stover, Ed.D., dean, School of Education and Human Services at Marymount University.

“Make holiday cards and send them out. It’s fun to drop a word of kindness anonymously to someone in the neighborhood and then tell that person to pass along the idea, leaving words of kindness or gratitude themselves for someone else,” she said. “Create an ‘I am

thankful for ...’ wall and cover it with sticky notes that complete the sentence as new thoughts come to mind each time you pass by.”

There’s plenty of holiday joy that comes without a price tag, suggests Stover. “Drive through various neighborhoods just after dark and exclaim ‘Oooh – aah’ over homes or other buildings that have particularly fun



Artist Kathryn Coneway and her family spend time in Huntley Meadows Park when they’re feeling overwhelmed by the holiday rush.

PHOTO COURTESY OF KATHRYN CONEWAY



Richard Sylvain, Pat Keithly and Eileen Myers attended a “Healing Arts” event at the Center for Spiritual Deepening at St. Aidan’s Episcopal Church in Alexandria. Such activities can bring peace and joy during a hectic holiday season.

“Moments of quiet and rest and being able to be present in the moment help me to get through the frenzy.”

— Elizabeth Rees, Associate Rector, Saint Aidan’s Episcopal Church

or beautiful displays of lights,” said Stover. “Listen to holiday music in a variety of genres and make play lists of favorites. Sing along loudly. It’s hard to feel down while belting out anything from ‘Frosty the Snowman’ to ‘Joy to the World.’”

For those looking to maintain the religious meaning of the season, Rees suggests daily devotions sent electronically. “I’ve found

some wonderful daily prayers that arrive each day by email. Just a minute or two of focus on what is deep and joyful and holy help center me for the day,” she said. “For me, Ignatian prayer has been speaking to me lately, imagining myself into the stories of scripture. Moments of quiet and rest and being able to be present in the moment help me to get through the frenzy.”

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