

Potomac ALMANAC

WELLBEING

PAGE 8

On Monday, the members of the Little Falls Garden Club continued the club's 40-year tradition of decorating the Tavern at Great Falls for the holidays.



Carrying on a 40-Year Tradition

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Celebrating First
Night of Chanukah

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Habits that Stick

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DECEMBER 5-11, 2018

ONLINE AT POTOMACALMANAC.COM

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

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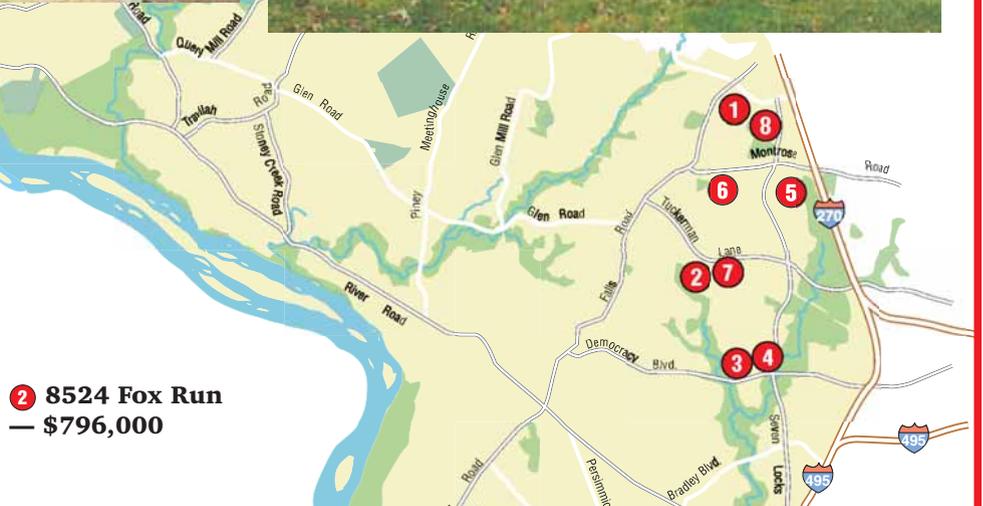
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7	8303 FOX RUN	4 . 2 . 1	ROCKVILLE	\$734,900	Detached	0.25	20854	FOX HILLS	09/04/18
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PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Deb McDonald, Emily Kane, Marijke Young, Anne Killeen, and Patti Marsh make the bows.



Park Ranger Mark Myers assists with placing the decorations.

Carrying on a 40-Year Tradition

Little Falls Garden Club decorates the Tavern at Great Falls.

BY PEGGY MCEWAN
THE ALMANAC

Members of the Little Farms Garden Club of Potomac gathered Monday, Dec. 3, to decorate the Tavern at Great Falls — for the 40th consecutive year.

No one at Monday's gathering was part of the original decorating party and there were vague memories on how the club began the tradition of decorating the tavern.

"We had a member of our club who was a member of the board here and she got us

involved," Alvina Long said.

Long has been at Great Falls to decorate at least 15 years, she said, but then added, "no, it's been longer than that."

Club President Jean Mullan said it was one of the group's many community service projects.

And it's fun and creative.

Almost 30 of the club's members shared the work of decorating inside and out of the historic Tavern, which serves as the visitor center for the thousands of people who come to the Chesapeake and Ohio Canal National Historical Park at Great Falls.

Starting with evergreens, holly and magnolia, the women created 21 swags to place on tavern windowsills and hang from lamp posts. In addition, there were wreaths hung on doors and inside windows, fireplace and mantels to be decorated and, the piece de resistance: a 40-foot-long swag hung over

and the main entrance to the tavern.

"We made it 40 feet this year in honor of the fact that this is our 40th year," member Traci Hoffman said.

The front door swag is always the last piece to go up and everyone gathered to watch as Park Ranger Mark Myers climbed a ladder to hang it from the second story window shutters, getting the curve centered and dipping just right.

"Usually when people come to the visitors center, they comment on how nice it looks," Myers said.

With the final swag hung, everyone posed for the annual photo before going inside for what Mullan called the club's "signature lunch:" sloppy joes, pizza, cole slaw and lots of home-made cookies.

"The Little Farms Garden Club of

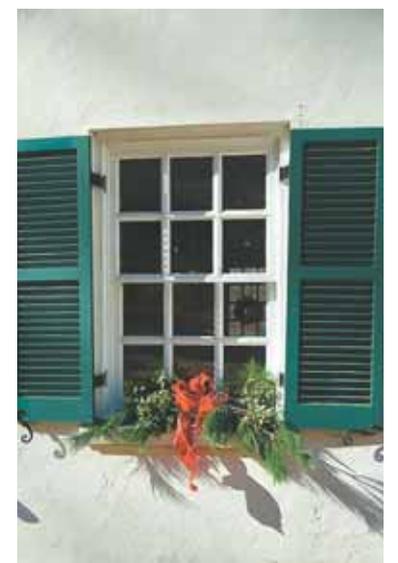


The club's handiwork along the back of the Tavern.

Potomac was founded in 1961 to foster friendship while sharing a common interest in the study and practice of gardening and its related arts," according to the club's Facebook page.



Members of the Little Falls Garden Club provided decorations inside and outside the Tavern at Great Falls.



OPINION

Governor Hogan's Highway Folly

— Is there hope to stop it?

BY GINNY BARNES
WMCCA PRESIDENT

Since our November meeting plans were curtailed by snow, there has been some progress on the opposition front. On Monday, Dec. 17, the Montgomery County Delegation will hold a public hearing on a bill to prohibit Maryland from building “any toll road, toll highway or toll bridge” in Montgomery County without county authorization through local law. MC8-19, known as the Lexus Lane Bill, is the work of Delegates Al Carr, Jheanelle Wilkins, and three delegate elects. It is imperative that civic associations and individuals write the state legislature in support of this bill.

The widening of highways and creation of toll roads and bridges are but a symptom of development allowed to overwhelm available infrastructure. For the 25-plus years I've been an activist, the county government has proposed new development that promised alternatives to auto use but failed to provide it. In the early 1990s when WMCCA fought sewer, extensive new housing, and a conference center in the upper Piney Branch watershed, the projects were all supposed to rely on mass transit and provision of a Corridor Cities Transitway. In the end, Piney Branch was not spared sewer; the conference center was abandoned in favor of more retail and a university campus for Shady Grove, and the housing went forward. Shady Grove Road was extended and widened. What we did get was recognition of Piney Branch as a high water quality watershed that deserved expanded stream buffers. The rare geology of the Serpentine Barrens was recognized, leading to a new county park intended to protect what acreage remained. In the housing projects, tree canopy was enhanced and what was considered at the time to be “state of the art” storm water treatment installed. A portion of Piney Branch was even

designated a Special Protection Area (SPA), limiting the amount of development allowed. Despite all the effort, we are still fighting threats to the water quality in Piney Branch.

But we've continued to rely on auto-based transportation. The “Science City” concept for Johns Hopkins and the Banks Farm was also supposed to have transit. Once again, our county leaders approve extensive increases in development instead of limiting it until we have the transit promised for all the projects already in the pipeline. Such a failure helps fuel a proposal from our current governor that will lessen the quality of life for our residents and the environment we all value. When do we stop this endless folly?

WEST MONTGOMERY COUNTY CITIZENS ASSOCIATION V. MONTGOMERY COUNTY PLANNING BOARD

BY SUSANNE LEE

On Nov. 9, WMCCA filed its opening brief in the Circuit Court of Montgomery County challenging the Planning Board's decision to approve a subdivision in the Piney Branch Special Protection Area (SPA) on Glen Mill Road adjacent to the Glen Hills Park.

The appeal has been consolidated with and coordinated with an appeal brought by the neighbors most adversely impacted by the proposed development. The site is very environmentally sensitive and any development is constrained by steep slopes, wetlands, stream buffers, and flood plain that cover approximately one-half of the site. These constraints made development with even one house problematic and the Planning Board has approved two.

In so doing they adopted staff calculations of stream and wetlands buffers that are dead wrong and in violation of the plain language of the county's Environmental Guidelines governing development in SPAs. They also ignored the provisions of the Piney Branch Sewer Agreement Covenant governing the owner's use of the property and erroneously applied the requirements of the county's Forest Conservation Statute. WMCCA is particularly concerned that the board's failure to enforce these requirements will result not just in further degradation of water quality in the Piney Branch,

Next Meeting

Due to the weather cancellation of the Nov. 15 West Montgomery County Citizens Association's General Meeting, the speaker — Brad German, Co-Chair — Citizens Against Beltway Expansion (CABE) — has rescheduled to provide his presentation at the Dec. 12 meeting.

Gov. Larry Hogan has proposed a Beltway and I-270 widening to make room for four high-cost privately-owned, for-profit toll lanes (aka Lexus Lanes). A coalition of citizen organizations has joined voices to oppose the project. WMCCA is among the opposition because these Lexus Lanes threaten to cut a swath through neighborhoods and destroy businesses, parklands, and vital stream watersheds causing environmental damage. The daily toll cost to use the additional lanes could reach \$45 a day. A study identifying various alternatives is currently underway. An alternative could be chosen early in 2019 when the state Department of Transportation completes the alternative study. The decision will rest with the Maryland State Legislature and Hogan. For more information, go to www.CABE495.org.

The meeting is Wednesday, Dec. 12, 7:15 p.m. at the Potomac Community Center. If schools are closed because of inclement weather, the meeting will be cancelled. As always, the public is welcome.

but, if not reversed, also sets a dangerous precedent for SPAs throughout the County.

PINEY MEETINGHOUSE ROAD SEWER REQUEST CORRECTLY REJECTED

BY SUSANNE LEE

On Oct. 30, by a vote of 6-3, the Montgomery County Council correctly rejected a request to extend sewer to a vacant lot located in the 12000 block of Piney Meetinghouse Road (17-TRV-10A).

The applicant sought to obtain the extension under the county's abutting mains policy, but the council correctly affirmed the provisions of the recently enacted Water and Sewer Plan and rejected it as not meeting those requirements.

At the same time the council correctly approved two sewer extensions that meet the newly enacted Glen Hills peripheral sewer policy: 18-TRV-02A — 10125 Bevern Lane; 09A-TRV-02 — 13101 Valley Drive.

BULLETIN BOARD

HOLIDAY DONATIONS

Toy Drive. Through Friday, Dec. 14 at local Weichert, Realtors offices. Members of the community are invited to drop off new, unwrapped toys at the company's sales offices. The toys will be delivered throughout the holidays in conjunction with local charities that assist financially and physically disadvantaged children. To find a local office, go to www.weichert.com/offices/.

WEBINAR

Online Salary Negotiation Workshop. AAUW (American Association of University Women) Work Smart is free online for anyone looking to learn how to negotiate a salary increase or promotion. Why is negotiation so important? AAUW's research on the gender pay gap shows that, one year out of college, women are

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

already paid significantly less than men. Visit salary.aauw.org.

TUESDAY/DEC. 11

Business Plan Pitch. 6:30 p.m. at Silver Spring Civic Building, 1 Veterans Place, Silver Spring. Witness the Rockville Entrepreneur Training for Success Business Plan Pitch where Empowered Women International's entrepreneurs unveil their business plan pitches. The event will featuring women at all stages of their business growth. Visit ewint.org to register.

FRIDAY/MARCH 1

Internship Application Deadline. Bethesda Big Train offers five internships for the summer. The timing of each internship is from May 21-Aug. 2, 2019. The Internship opportunities are: Operations and Marketing Internship, Social Media Internship, Sports Writing Internship,

Radio Broadcasting Internship, and In-Game Host Internship. Find job descriptions, responsibilities, and how to apply at bigtrain.org/getinvolved/internship. Email davids@bigtrain.org with additional questions.

CRISIS PREVENTION SERVICES

EveryMind Crisis Prevention and Intervention specialists are available by phone, text and chat every hour of every day. The community can also look to EveryMind for mental health professionals who are prepared to talk about warning signs and ways anyone can help to prevent suicide from ending lives far too soon. EveryMind is an independent 501(c)3 nonprofit organization. Visit Every-Mind.org. More resources include:
❖ Call or Text Montgomery County Hotline: 301-738-2255

- ❖ Chat: Crisis Prevention Chat: <https://suicidepreventionlifeline.org/chat/>
- ❖ Call: National Suicide Prevention Lifeline: 1-800-273-8255
- ❖ www.every-mind.org/services/crisis/
- ❖ www.every-mind.org/wp-content/uploads/2017/12/Talking-to-Kids-about-Suicide.pdf
- ❖ suicidepreventionlifeline.org
- ❖ www.suicidology.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.

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NEWS



More than 1,000 unpermitted signs were collected Nov. 14 along the county's roadways.

PHOTO CONTRIBUTED

Roadside Sign Sweep

Throughout the county's 5,200 lane miles of roads, neighborhood roads connecting subdivisions, and business areas, commercial enterprises, individuals and other organizations install thousands of unpermitted signs in the public right-of-way to advertise their goods and services for sale to the public. On Wednesday, Nov. 14, the Division of Zoning & Site Plan Enforcement dispatched seven teams of inspectors to collect these unpermitted and prohibited signs. More than 1,000 signs were removed and taken to the county transfer station where signs were disposed of and the metal was recycled.

45-Year Milestone



Potomac-based business real estate attorney **Roseman** reaches his 45-year milestone for offering legal expertise to the Washington D.C. area.

Specializing in real estate, business transactions and general legal representation, Roseman celebrates the 45 year mark of his career. Throughout the last five decades, Roseman has assisted both small businesses and large corporations alike with general legal counsel.

"Over the years, I have learned that my professional satisfaction is derived from the knowledge that my clients have achieved their objectives on time, on budget and that they continue to return year after year seeking guidance with their continuing and new legal projects," said Roseman, who often works with start-up companies and entrepreneurs in helping determine next steps as well as in implementation decisions.

For the last 20 years, Roseman has served as board member for the Maryland Student Hockey League, and is going on his eighth year serving as treasurer for the organization. For the past 10 years, Roseman has also participated as board member, treasurer, four years, and vice president, one year for The ALS Association Washington D.C./MD/VA Chapter.

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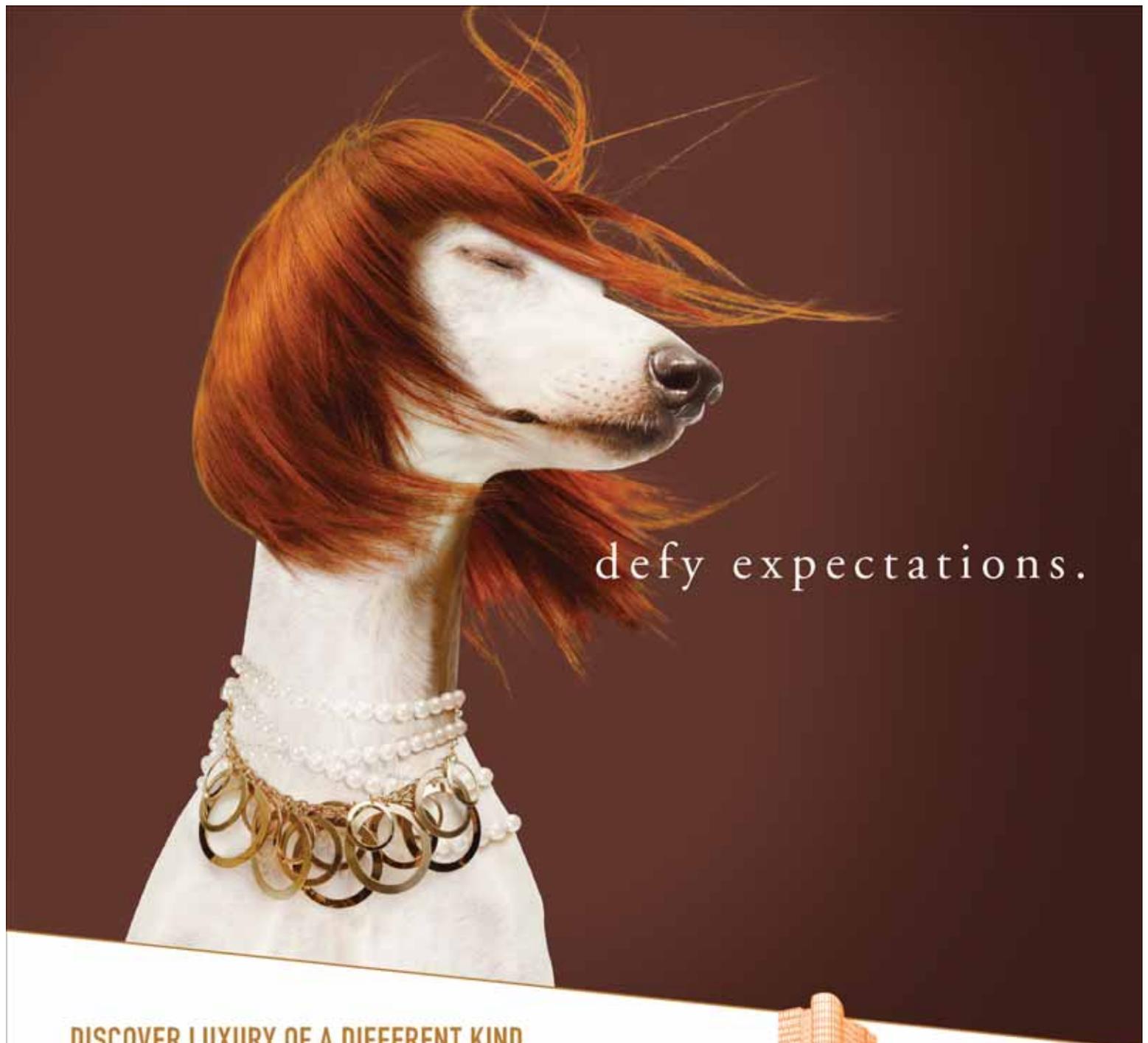
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Scared to ...



By KENNETH B. LOURIE

And that's what worries me. There's a part of me (too big a part, I'll admit), that rationalizes not going to the doctor as a means of preventing an untimely death.

Oh, don't get me wrong. I go to the doctor as often as needed. In fact, I've been commended as being a very "compliant" patient, meaning I show up for my appointments (apparently some patients don't). And I will continue to do so.

However, this column is not about the appointments I do make, it's about the ones I don't make.

Huh?

Let me clarify. I am referring to the voluntary-type appointments that I schedule myself – at my discretion, when some symptom or other, relating to cancer or not, manifests itself. The symptom which forces me to consider my own mortality because it's "presenting" at a time and place at which my oncologist is unaware.

The kind of symptom which, were I not a cancer patient, I wouldn't give a second thought (let alone a first thought). But since I am a cancer patient, whatever the symptom is – and I mean any and all symptoms: small, medium or large, it must be "the cancer" as "Forrest, Forrest Gump" characterized his mother's cause of death, and therefore, can't be minimized. In point of alternative fact, it must be maximized, and in that maximization comes anxiety and fear and every other stress-related emotion you can imagine.

Nevertheless, just as George advised Jerry in a long-ago "Seinfeld" episode on how to beat a lie detector test: "It's not a lie if you believe it," so too do I employ a similar strategy: if I don't go to the doctor and get evaluated then the symptoms I'm experiencing can't be confirmed as cancer. And if my symptoms can't be confirmed as cancer then I have much to less to worry about than if they were. The symptoms are simply the same kind and frequency as non-cancer patients experience and do not represent a slippery slope for yours truly.

I suppose there's a part of me (the irrational, unreasonable and illogical part) that believes if I don't make any extra-curricular-type visits to any of my doctors then my cancer can't get worse and I can continue to go on living as if I've not been diagnosed with a terminal disease: non-small cell lung cancer, stage IV.

It reminds me of my late father's philosophy concerning automobile maintenance. If he never takes the car in for service, the mechanics will never find anything wrong with it. It's a version of what you don't know can't hurt you.

Well, in the cancer world in which I live 24/7, it all can hurt you and it can do so on its own timetable; when you least expect it and when you most fear it.

As yet another attempt to explain why this column has been written. For the past three weeks I've had persistent cold symptoms.

Since the symptoms never got any worse (though my fear did), I went along, tissue in hand, until my voice got so hoarse and weak that my wife, Dina – to her credit – insisted that I visit my internal medicine doctor and email my status as well to my oncologist. All of which I've done.

So far, nothing conclusive to report.

I've been prescribed some pre-pneumonia pills, have had a CT scan of the neck (per my oncologist's direction), results for which have not YET been received, am seeing an ENT doctor next week and am puffing Flonase into each nostril twice a day. My symptoms have not totally subsided but neither have they gotten worse – unlike my anxiety.

I really don't think there's anything wrong with me medically; mentally however, is another matter.

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

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NEWS



Rabbi Mendel Kaplan lights the candle celebrating the first night of Chanukah Sunday. Chabad of Potomac sponsored the candle lighting which included latkes, donuts, music and entertainment at the Potomac Place Shopping Center.

PHOTOS BY PEGGY MCEWAN/
THE ALMANAC

Celebrating First Night of Chanukah

Gathering to share joy.

By PEGGY MCEWAN
THE ALMANAC

Rabbi Mendel Kaplan of Chabad Potomac Village thinks Chanukah should be a time of joy and he wants to share that with the community.

So, on Sunday, the first night of Chanukah, Kaplan and his congregation held a Glow in the Dark Chanukah celebration at Potomac Place Shopping Center.

There was music, entertainment, latkes, donuts, chocolate "gelt," and the menorah lighting followed by sung blessings and general good cheer.

People often associate Judaism with days of awe, serious days, such as the High Holy Days, Kaplan said.

"I want to bring awareness to the holiday, to bring joy to the people," he said. "This is the message of Chanukah: always grow. Like the candles, everyday we increase in light."

As the day ended and darkness began to take over, dozens of people filled the gathering space between Starbucks and Colonial Opticians to take part in the festivities. With merry greetings, adults wished each other happy Chanukah and children ran around waiting for the celebration to begin and the donut trays to be uncovered.

Levi Kaplan, 11, who later appeared at the event dressed as "Dreidel Man," explained the story of Chanukah starting with the reign of Macedonian King Antiochus [the fourth, who ruled from 175-164 BCE].

"He decided he would make all Jews like Greeks," Levi said. "He declared nothing Jewish. But the Jews did everything in secret. The Maccabees fought the Greeks and won. It was a big miracle. They discovered the temple was all broken down, but they had a candelabra. There was no oil because the Greeks smashed [the barrels]. They



Benjamin Abergel, 9, assists magician Bert the Nerd as he sets up for one of his tricks at the menorah lighting in Potomac celebrating the first night of Chanukah Sunday.

found one small jug, only enough oil for one day, so they said, 'let's light it and see what happens.' It lasted eight days. It was a big miracle, that's why today we light eight branches on the menorah."

Levi added that the reason for donuts and latkes is the miracle of the oil — they are fried in oil.

As for chocolate coins, he said that is to teach children to give to charity.

After the menorah was lit, magician and juggler Bert the Nerd, performed to the delight of both children and adults.

Benjamin Abergel, 9, volunteered to act as Bert's assistant.

He said he thought the show was great and that he did a good job handing Bert various props.

"I really liked it, it was fun," he said. "I'd rate it five stars."

Bert, who is really Rich Potter, a local entertainer, said the crowd was a good one. "They are up for a good time," he said.

Which underscores the message of Kaplan and Chanukah joy: "Each of us is an ambassador of light," he said. "To bring God's light into the world."

HOLIDAY ENTERTAINMENT

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

ONGOING

Photoslam: The Exhibit. Through Dec. 9, Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks Gallery, at Glen Echo Park. Photoworks Gallery presents their annual Photoslam Exhibit which showcases the work of the winners of Photoworks eighth Photo Slam at Bus Boys and Poets, Washington, D.C. Photoworks offers photography classes for all ages. Visit www.glenechophotoworks.org.

A Christmas Story. Through Dec. 9, at Arts Barn, 311 Kent Square Road, Gaithersburg. Wanting only a BB gun, young Ralph's Christmas happiness is thwarted at every turn by adults concerned that "he'll shoot his eye out." Based on the Jean Shepherd movie of the same name. In Partnership with Rockville Little Theater. Ages 7 and older. \$20, \$18 (students 15-21) and \$12 (youth). Visit www.gaithersburgmd.gov/recreation/arts-on-the-green or call 301-258-6394.

DEC. 5-29

Art Exhibit: A Burning Winter Dance. Gallery hours at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents its December exhibition, A Burning Winter Dance, featuring nine Be Dot Gallery artists from the greater Frederick area. Visit bethesda.org.

FRIDAY/DEC. 7

Opening Reception & Holiday Market. 6-9 p.m. at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville and Artists & Makers Studios 2, 12276 Wilkins Ave., Rockville. A&M1 Parklawn is hosting a solo for artist Liz Lescault - Chimerical; selected works of Robert Yi; and inspired by Frida curated by David Amorosa featuring juried artists along with David's Fridas at both Rockville locations. At Wilkins enjoy a dual exhibit Places to Wander: Paintings by Ken Bachman and Tom Semmes - graduates of the Compass Atelier in the main gallery, and an additional merge gallery filled with more Inspired by Frida. Visit www.artistsandmakersstudios.com.

National Philharmonic Presents Holiday Pops. 7:30 p.m. at the Music Center at Strathmore. The National Philharmonic presents a holiday pops concert, a new family holiday tradition, on Friday, Dec. 7 at 7:30 pm at the Music Center at Strathmore. The Philharmonic is performing this concert in partnership with the USO of Metropolitan Washington-Baltimore (USO-Metro). Philharmonic Associate Conductor Victoria Gau conducts actress/soprano Iyona Black and members of the National Philharmonic Chorale. Tickets start from \$18. Visit nationalphilharmonic.org or call the box office at 301-581-5100.

DEC. 7-22

Four Exhibits in Five Galleries at Two Locations. Gallery hours at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville and Artists & Makers Studios 2, 12276 Wilkins Ave., Rockville. A&M1 Parklawn is hosting a solo for artist Liz Lescault - Chimerical; selected works of Robert Yi; and inspired by Frida curated by David Amorosa featuring juried artists along with David's Fridas at both Rockville locations. At Wilkins enjoy a dual exhibit Places to Wander: Paintings by Ken Bachman and Tom Semmes -



FILE PHOTO BY DEBORAH STEVENS

'Tis the Season

The Cabin John Park Volunteer Fire Department decorates its Reserve Engine, loads Santa and a few additional volunteers, and heads out into the community to collect unwrapped holiday gifts for children up to the age of 14. The week before Christmas volunteers begin wrapping and labeling all of the gifts and on Christmas Eve they are delivered to children who otherwise may not have a joyous Holiday. Visit www.cjpvfd.org/santa to track Santa making the rounds. The expected schedule is posted below:

- ❖ Friday, Dec. 7 - Fox Meadow, River Oak Farm, Potomac Farms Estates, Potomac Hills, Potomac Manors, Great Falls Estates, Potomac Falls Estates
- ❖ Saturday, Dec. 8 - Mountain Gate, Eagle Rock, Natelli Woods, Potomac Ranch, River Falls, Fawsett Farms
- ❖ Sunday, Dec. 9 - Cabin John, Cabin John Park, Evergreen, Congressional Country Club Estates
- ❖ Tuesday, Dec. 11 - Arrowood, Bradley Hills Grove
- ❖ Wednesday, Dec. 12 - Seven Locks Hills, Burning Tree Estates, Rose Hill Estates, Stonehurst Center, Smithfield
- ❖ Thursday, Dec. 13 - Congressional Manor, Carderock Springs, Clewerwall, Glengarry, Carderock, The Palisades
- ❖ Friday, Dec. 14 - Avenel, River Road Estates, Williamsburg Estates, Concord, The Village, Williamsburg Gardens
- ❖ Saturday, Dec. 15 - Congressional Country Club Estates, West Bethesda Park, Cohasset, Bradley Park, Burning Tree Valley, Frenchman's Creek
- ❖ Sunday, Dec. 16 - Locust Ridge, Oakwood Knolls
- ❖ Monday, Dec. 17 - Alvermar Woods, Potomac Hunt Acres, Tara, Potomac View Estates, Merry Go Round Farms, Beallmount, Lake Potomac, Stoney Creek Farms, Saddle Ridge
- ❖ Tuesday, Dec. 18 - Potomac Village, Camotop, Falconhurst, Bradley Farms, McAuley Park, Kentdale Estates, Bradley Blvd Estates, Congressional Forest Estates.
- ❖ Wednesday, Dec. 19 - Bannockburn, Bannockburn Estates, Al Marah, Wilson Knolls
- ❖ December 20-22 - Makeup night for any nights due to inclement weather
- ❖ Monday, Dec. 24 - Wrapped presents are delivered to the National Center for Children and Families and the Scotland Drive Family Association.

graduates of the Compass Atelier in the main gallery, and an additional merge gallery filled with more Inspired by Frida. Visit www.artistsandmakersstudios.com.

SATURDAY/DEC. 8

Jingle Bell Run. Race begins 8 a.m. at Seneca Creek State Park, Gaithersburg. Taking place in more than 100 cities nationwide, the Arthritis Foundation's Jingle Bell Run benefits the more than 54 million Americans. This annual, holiday-themed 5K run encourages participants to dress in festive costumes and get moving. To learn more and register for the Gaithersburg Jingle Bell Run, visit www.jbr.org/rockville, or contact the Arthritis Foundation at (202) 792-2979.

Holiday Comedy. 7:30 and 9:30 p.m. at Cissel-Saxon American Legion Post 41, 8110 Fenton St., Silver Spring. Is it Thanksgiving-Xmas-Chanukah-Diwali-Kwanzaa-NewYear's yet? Either way, it's laughs all night since there's still time for one more kickin' comedy night during the zany holiday season. Lineup includes Russ Green, Charity Sade, Kwame Amponsem, Liz Carr and Wendy Wroblewski. 7:30 show: \$15 advance, \$20 door; 9:30 show: \$10 advance, \$15 door. Tickets at www.eventbrite.com/o/improbable-comedy-10899180919.

Live Music: Rufus Wainwright. 8 p.m. at Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Wainwright commemorates the 20th anniversary of his debut by performing material from Rufus Wainwright and Poses. Opener Rachel Eckroth here evokes the aura of the late David Bowie, experimental rockers Can and perhaps a lost David Lynch soundtrack. Tickets start at \$39. Visit www.strathmore.org.

SATURDAY-SUNDAY/DEC. 8-9

Holiday S.O.S. Adoption Event. Montgomery County Animal Services and Adoption Center, 7315 Muncaster Mill Road, Derwood. MCPAW will be sponsoring the 3rd Annual Holiday S.O.S. adoption event at Montgomery County Animal Services & Adoption Center. Adoption fees will be waived for cats and dogs both days. MCPAW will be supplying goodie bags for all adopters, courtesy of Bark! Kentlands who is also donating a raffle basket filled with pet-related items. Visit www.montgomerycountymd.gov/animalservices/ for details on the adoption process.

FRIDAY/DEC. 14

55+ Active Adults Holiday Luncheon. Noon-1:30 at Potomac Community Recreation Center,

11315 Falls Road, Potomac. Lunch includes soup, salads, sandwiches and beverages. There will be a raffle with prizes and live entertainment provided by Frank Sinatra tribute artist Steve Flynn-"Flynnatra." Space is limited to 100 people. Pre-registration is required to attend this event. Register in person at the Community Center or online at ActiveMONTGOMERY.org under activity 61093. \$10 per person. Call 240-777-6960.

Reception: A Burning Winter Dance. 6-8 p.m. at Gallery B, 7700 Wisconsin Ave., Suite E, Bethesda. Gallery B presents its December exhibition, A Burning Winter Dance, featuring nine Be Dot Gallery artists from the greater Frederick area through Dec. 29. Visit www.bethesda.org.

Reception: Recovered Memory. 6-8 p.m. at Photoworks at Glen Echo Park. Photoworks hosts the first solo exhibition of work from Frank Van Riper's bestselling book, "Recovered Memory: New York & Paris 1960-1980." The exhibition opens with a reception, lecture and book signing. The show runs through Jan. 20, 2019. Visit glenechophotoworks.org.

DEC. 14-JAN. 20

Photography Exhibit: Recovered Memory. Saturdays, 1-4 p.m.; Sundays, 1-8 p.m. at Photoworks at Glen Echo Park. Photoworks hosts

the first solo exhibition of work from Frank Van Riper's bestselling book, "Recovered Memory: New York & Paris 1960-1980." Visit www.glenechophotoworks.org.

SATURDAY/DEC. 15

Bop Goes the Weasel - Jingle Bell Jazz for Kids. 11 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Christiana Drapkin will sing and lead the audience in singing along with other related activities. There will be a guitarist, bassist, and cool drummer. There will be secular holiday and winter songs, original tunes for easy sing-along, Jazzy versions of children's songs like Old MacDonald, musical group exercises, plus Jazz Standards and happy Blues that get children engaged with the music. Bring jingle bells if available. No registration required. Free. Contact Cindy Gil at 240-777-0690.

Holiday Concert. 8 p.m. at Christ Episcopal Church, 107 South Washington St., Rockville. The National Philharmonic Singers present a Christmas by Candlelight concert, featuring a range of Renaissance to Contemporary music styles for choir with organ and a cappella. A wide variety of familiar holiday music is also planned, including Carols for All to Sing, as well as favorites such as Silent Night. A free-will offering benefits the Community Ministries of Rockville. Visit www.christchurchrockville.org or nationalphilharmonic.org.

SUNDAY/DEC. 16

Annual Artisan Women's Marketplace. 11 a.m.-4 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. The 6th Annual Artisan-Women's Marketplace includes 40+ local women artisans and food vendors who offer a selection of beautiful crafts, jewelry, food gifts, and fine art. Marketplace vendors are women from the Greater DC Metro area who have received training, support, and mentorship from Empowered Women International (EWI), and the Latino Economic Development Center (LEDC). Visit ewint.org to register.

WEDNESDAY/DEC. 19

Recycled Magazine Holiday Trees. 4:30-5:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Get in the holiday spirit and learn how to make holiday trees from recycled magazines. All supplies will be provided. Open to teens and children 8 years of age and older. Children under 8 must be accompanied by an adult. Free. Call 240-777-0690.

SATURDAY/DEC. 22

Holiday Market. 10 a.m.-4 p.m. at Artists & Makers Studios 1, 11810 Parklawn Drive, Suite 210, Rockville and Artists & Makers Studios 2, 12276 Wilkins Ave., Rockville. A holiday market will round out festivities at both locations with Frida-themed art and merchandise. Visit artistsandmakersstudios.com.

SATURDAY-SUNDAY/DEC. 22-23

Handel's Messiah. Saturday, 8 p.m.; Sunday, 3 p.m. at the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. The National Philharmonic Orchestra and Chorale perform Handel's beloved oratorio, the Messiah. Led by Artistic Director Stan Engbreton, the concert will feature the Philharmonic's nearly 200 voice all-volunteer Chorale. Tickets start at \$34 and are free for young people age 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

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WELLBEING

Habits that Stick

Key to making changing old habits and making new ones.

BY MARILYN CAMPBELL

Standing outside the glass doors of the studio, lit harshly by fluorescent bulbs, Annabelle VanLandingham admits that she is intimidated by a group of women standing in front of her — all model-thin and wearing cropped tank tops that reveal finely toned abs.

“I always feel like I don’t fit it and everybody is staring at me, but this time, I’m really going to stick with it,” she said, acknowledging her failed attempts to make regular exercise part of her daily life.

Vows to change habits are easy to make, but keeping them can seem nearly impossible. Commitments to cooking healthy weeknight dinners give way to the reality of packed schedules, while a morning meditation practice is overtaken by an inability to resist checking email right after getting out of bed. Local human behaviorists say that when it comes to creating habits, understanding how they develop is a first step.

“If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free.”

— Lauren Puglisi, LCSW

“Essentially, a habit is turning a new behavior into something that is done automatically,” said Lauren Puglisi, LCSW. “For example, grabbing a cigarette after dinner or putting on your seatbelt when you get in the car are automatic. You don’t have to talk yourself into doing those things, you do them without even thinking.”

For those who want to make activities like exercising or meditating life-long habits, the key is to begin with realistic and attainable steps. “New habits are best formed in small, manageable increments,” said Jessica McLaughlin, Ph.D. assistant professor of psychology at Montgomery College. “For instance, if you want to develop the habit of exercising, start by taking 10-minute walks instead of promising to exercise for an hour every day. It is easier to form habits if the changes are similar to what you are already doing, as opposed to something that drastically alters your current day-to-day schedule.”

Develop a list specific actions to take, advises Puglisi. “For example, swapping out potato chips and a soda for hummus and whole wheat pita bread for an afternoon snack or taking a 30-minute walk three days each week can be attainable ways to get started,” she said. “Otherwise, you might get overwhelmed and give up.”

“Research supports that it can take approximately two months of daily repetition to develop a habit, but keep in mind that some habits aren’t as easy to make automatic, and may require more time,” added Joanne Bagshaw, Ph.D., professor of psychology at Montgomery College. “For instance, developing a habit of walking 15 minutes every day may take eight to 10 weeks to become an automatic behavior, but running five miles every day could take much longer.”

Find ways to increase accountability. “Write down your goals and keep [the list] in a visible place where you have a constant reminder and can check off your accomplishments each day,” said McLaughlin. “Tell someone else what you are doing or, better yet, make the change with someone else, such as practicing mindfulness together or eliminating sugary drinks as a team.”

Setting up reminders can help one avoid backsliding, especially when habit formation is in its early stages,” said Puglisi. “If you want develop a meditation practice to relieve stress at work, set an alert on your phone for a time that know you’ll definitely be free,” she said. “Set a realistic amount of time to spend meditating, and select a specific meditation. This will make it easy to do quickly and easily, so you’ll have fewer excuses not to do it.”

The company one keeps also plays a role in habit formation. “You’re likely to boost your willpower if you choose to spend time with someone who has strong willpower,” said Bagshaw. “Plan on creating your daily walk or running habit with a friend, or coach, or group who will be a role model for self-control.”

Assess your progress regularly. “Self-monitoring adds to success,” said psychologist Stacie Isenberg, Psy.D. “Writing down what you’ve eaten each day can help you stay honest with yourself. That said, be realistic with your time frames and don’t cause yourself extra stress. If thinking about how you ate during the week on a Friday is less stressful than writing it every day, do that. But do choose a regular time to consider progress and impediments or you’ll be at 2020 without your new habit.”

“It helps to set up the environment to remind you to do the behavior and make it easy to follow through,” said Jerome Short, Ph.D., associate professor of psychology at George Mason University. “For example, put vegetables and fruits on the first shelf you see when you open the refrigerator. You are more likely to eat what you see than what you do not see.”

Don’t forget rewards, says McLaughlin. “Change won’t happen unless you are motivated to make the change,” she said. “This means you have to find what is rewarding for you. You might find that what you are doing is intrinsically rewarding, such as increasing your energy levels or seeing your scale number go down. Other times, you might need to create your own reward, such as getting a manicure when you’ve gone a week without biting your nails.”

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