

Potomac ALMANAC

HomeLifeStyle
PAGE 7



Stephanie Menick, owner of Occasions Gift Store displays warm and fuzzy Giving Heart merchandise.

Stress-free Shopping

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4 14401 Pettit Way — \$1,350,000



2 11400 Glen Road — \$2,250,000



5 11612 Twining Lane — \$1,299,000

October, 2018 Top Sales

IN OCTOBER 2018, 37 POTOMAC HOMES SOLD BETWEEN \$2,850,000-\$515,000.



1 9305 Kendale Road — \$2,850,000



3 18 Beman Woods Court — \$1,505,000



8 9480 Turnberry Drive — \$1,192,000



7 7812 Hackamore Drive — \$1,237,500

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 9305 KENDALE RD	7	9	1	POTOMAC	\$2,850,000	Detached	2.18	20854	POTOMAC OUTSIDE	10/23/18
2 11400 GLEN RD	4	5	2	POTOMAC	\$2,250,000	Detached	2.00	20854	SADDLE RIDGE	10/04/18
3 18 BEMAN WOODS CT	4	5	1	POTOMAC	\$1,505,000	Detached	0.17	20854	AVENEL	10/31/18
4 14401 PETTIT WAY	6	6	3	POTOMAC	\$1,350,000	Detached	4.89	20854	RIVERWOOD	10/29/18
5 11612 TWINING LN	6	5	2	POTOMAC	\$1,299,000	Detached	0.85	20854	GLEN MILL VILLAGE	10/29/18
6 8819 VICTORY LN	5	4	1	POTOMAC	\$1,270,000	Detached	0.46	20854	BEVERLY FARMS	10/16/18
7 7812 HACKAMORE DR	5	4	1	POTOMAC	\$1,237,500	Detached	0.37	20854	RIVER FALLS	10/24/18
8 9480 TURNBERRY DR	3	3	1	POTOMAC	\$1,192,000	Townhouse	0.16	20854	AVENEL	10/30/18

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HOLIDAY GIFTS

POTOMAC ALMANAC EDITOR STEVEN MAUREN
703-778-9415 OR ALMANAC@CONNECTIONNEWSPAPERS.COM
SEE WWW.POTOMACALMANAC.COM



A unique gift from Occasions is “Shiraz on the Shelf” a copy of “Elf on the Shelf” for wine lovers.



Stephanie Menick displays personalized lap-board.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Reducing Stress of Holiday Shopping

**Shop local:
No crowds, no traffic.**

BY SUSAN BELFORD
THE ALMANAC

Ho! Ho! Ho! It's time to put on your Santa hats and head to Cabin John Mall for holiday shopping. This year, instead of searching through large department stores, jockeying for parking spots, waiting in interminable lines, seeking help from sales assistants who are just too busy to pay attention to your needs — head to close-by Cabin John Mall. You won't have to jostle through crowds or fight the traffic. If you need to fuel up your bellies before shopping, there are plenty of new restaurants and cuisine to select from. But the best news is that local store owners will give you their time and ideas to locate the perfect gift for a loved one, friend, work buddy — or even for yourself.

Check out the hottest gift suggestions



More gift ideas from Occasions include warm cuddly pajama pants.

from the owners of stores at Cabin John Mall. Each store stocks a variety of gifts that are sure to delight all ages from tiny tots to grandma and grandpa.

Occasions is the crème de la crème of gift stores. Owner Stephanie Menick is on top of the trendiest gifts for everyone in your family. Hot items this year for all are Swell and Corkcicle bottles — personalized with names, initials or sayings. Occasions can quickly personalize many items in the store to make fun, unique gifts.

Menick discussed some of her favorite items: “We have themed socks for the men-in-your-life that feature their interest, whether its sushi, cars, golf, another hobby or activity. Initial necklaces and notepads are always in demand as are monogrammed sport bags. The ‘Giving Heart’ items which feature ‘A Giftable Hug’ are warm, soft and fuzzy — wonderful for a friend who needs a hug. We have a lot of teacher, grandparent, baby and friend gifts too. And one of the most fun for the adults in your family is the ‘Shiraz on the Shelf’ fashioned after the

SEE TOYS FOR FUN, PAGE 8



A variety of gift ideas from Occasions.



BUSINESS

Botanical Art Inspires New Line of Textiles

Local designer launches the “Flora Collection.”

BY MARILYN CAMPBELL

Inspired by a fascination of botanical art and a desire to pay homage to some of its masters, Bethesda-based interior designer Marika Meyer of Marika Meyer Interiors and Marika Meyer Textiles has launched a new line of upholstery fabrics called the Flora Collection.

“Female artists contributed some of the greatest examples of botanicals, detailed and accurate, but also beautiful and captivating,” said Meyer. “This collection is dedicated to those incredibly talented women.”

Meyer designed three patterns, which she named Matilda, Lilian and Beatrix.

The women for whom the Flora Collection is named are late 19th-early 20th century il-

lustrator Matilda Smith, British botanical artist Lilian Snelling and children’s author and illustrator Beatrix Potter.

“Many people don’t realize that Beatrix Potter was an accomplished artist and illustrator,” said Meyer. “The study of plants through botanical art is a field that has always fascinated me. In the 18th and 19th centuries, it was the one, if not the only, type of art that was encouraged for women.”

For more information, visit www.marikameyertextiles.com.



PHOTO BY ANGIE SECKINGER

A new line of textiles by designer Marika Meyer was inspired by her fascination with botanical art and the women who created it.

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.

SOBER-RIDE FOR THE HOLIDAYS

Free Sober Rides. 8 p.m.-4 a.m. daily, Dec. 14-Jan. 1. Area residents, 21 and older, may download Lyft to their phones, then enter a code in the app’s “Promo” section to receive a no cost (up to \$15) safe ride home (limited quantities available). WRAP’s Holiday SoberRide promo code will be posted at www.SoberRide.com.

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/.

SATURDAY/DEC. 15

Addiction Family Support.

Saturdays, 9:30-10:30 a.m. at Second Chance Addiction Care, 9800 Falls Road, Suite 7, Potomac. Second Chance Addiction Care, a boutique substance abuse facility, offers free support for anyone with a loved one suffering from addiction. Contact Robert Roth at roth@secondchancecare.com or 301-983-5130. Visit www.secondchancecare.com for more.

Listening Session. 3-4:30 p.m. at Bethesda-Chevy Chase High School, 4301 East-West Highway, Bethesda. County Executive Marc Elrich has scheduled additional listening sessions to provide Montgomery County residents and stakeholders opportunity to have their voices heard. Sign language and interpreter services will be provided upon request with notice as far in advance as possible at 240-777-0311 or marcelrichtransition@montgomerycountymd.gov.

MONDAY/DEC. 17

Listening Session. 7:30-9 p.m. at Churchill High School, 11300 Gainsborough Road, Potomac. County Executive Marc Elrich has scheduled additional listening sessions to provide Montgomery County residents and stakeholders opportunity to have their voices heard. Sign language and interpreter services will be provided upon request with notice as far in advance as possible at 240-777-0311 or marcelrichtransition@montgomerycountymd.gov.



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The proposed community plan has been submitted to Potomac County for final site approval.

NEWS



Berliner



Fisette



Bell



Cunningham



Hynes



Harrington

Regional Leaders Launch Firm

Berliner, Fiset lead DMV Strategic Advisors LLC.

A team of bipartisan leaders from across the region has formed DMV Strategic Advisors LLC, “to assist the private sector, non-profits, and local governments advance projects and policies aligned with the overarching goals of our region, goals that we helped define and advance over decades of service to the region,” according to its press release.

Roger Berliner of Montgomery County and Jay Fiset of Arlington County lead the firm. Berliner and Fiset were both awarded with the region’s highest honor for

“outstanding regional leadership.” Berliner served as president of the Montgomery County Council. Fiset served as chair of the Arlington County Board. They are joined by a team of advisors, all of whom have a track record of serving the region, including:

- ❖ Susan Bell, former director of Arlington’s Department of Community Planning, Housing and Development;

- ❖ Caroline Cunningham, former founding president of the Trust for the National Mall and vice presi

SEE AREA LEADERS, PAGE 11

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Thinking about aging in place in our Potomac community?

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Learn more at 240-221-1370
www.PotomacCommunityVillage.org

OPINION

Give Locally in Potomac

Nonprofits with local mission seek help now and through the year.

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 helping those in need.

Potomac is one of the wealthiest communities in the nation. The average annual family income in Potomac is \$275,715, with 55 per-

cent of married couple families in Potomac earning more than \$200,000.

But close to 68,000 people (6.7 percent) in Montgomery County live below the poverty level. That's \$20,420 for a family of three.

These families may be on the brink of homelessness, families who must choose between medical bills, car repair, heat and food. Some of 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 the holidays.

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

But we also list other kinds of nonprofits; find what appeals to you, and pitch in.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

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. Mana provides food to 32,000 individuals each year and helps distribute rescued food to soup kitchens, food pantries and emergency shelters county-wide. Nearly every social service organization in Montgomery County relies on Manna to provide food to their clients.

❖ **Mercy Health Clinic**, www.mercyhealthclinic.org, 7 Metropolitan Court, Suite 1, Gaithersburg, MD 20878, 240-773-0300

Mercy Health Clinic in Montgomery County is a totally free clinic serving the uninsured of the community. It serves around 2,000 patients annually through the efforts of more than 50 volunteer physicians and over 100 medical and administrative volunteers. "At Mercy, we believe that we all benefit when everyone in our community has access to health care."

❖ **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, 301-365-0561.

Potomac Community Resources, Inc. promotes the full inclusion into community life of teens and adults with developmental differences by providing over 35 therapeutic, recreational, social, educational, and respite care programs. Donations to PCR make a difference in the lives of individuals with developmental differences and their families. Eighty-six percent of every dollar that is donated goes directly to its programs.

❖ **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, is a leading provider of permanent housing, intermediate housing, emergency shelter, and supportive services for people experiencing homelessness. MCCH programs serve 1,600 men, women and children each year, providing 60 percent of the emergency shelter beds in the county.

❖ **Prekindergarten and Head Start Programs**

are seeking donations of new winter coats for boys and girls in sizes 5, 6, and 7, along with other winter wear, such as hats and gloves. Monetary donations are welcome. Donations can be sent to Rocking Horse Road Center, 4910 Macon Road, Room 141, Rockville, MD 20852. For more information, contact Lisa Conlon at 240-740-4530.

❖ **ArtStream**, www.art-stream.org, 8401 Connecticut Ave. Ste 1230, Chevy Chase, MD 20815, 301-565-4567

ArtStream performances feature adult actors with intellectual and developmental disabilities including autism and other social and behavioral needs. Actors, volunteer mentors and theatre professionals work as a team to create original performances for live audiences. Drama and life-skills classes, programs in military hospitals. ArtStream is based in Chevy Chase and holds programming throughout the region.

❖ **Shepherd's Table**, www.shepherdstable.org, 8210 Dixon Ave., Silver Spring, MD 20910, 301-585-6463.

Shepherd's Table is a nonprofit organization in downtown Silver Spring, 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.

❖ **Fisher House**, www.fisherhouse.org, Fisher House Foundation, Inc., 12300 Twinbrook Pkwy, Suite 410, Rockville, MD 20852, 301-294-8560, info@fisherhouse.org

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 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.

❖ **Montgomery Countryside Alliance**, P.O. Box 24, Poolesville, MD 20837, 301-461-9831, www.mocoalliance.org, info@mocoalliance.org

Montgomery Countryside Alliance promotes sound economic, land-use and transportation policies that preserve the natural environment, open spaces and rural lands in Montgomery County's Agricultural Reserve for the benefit of all Washington Metropolitan area residents.

❖ **Spirit Club**, 10417-B Metropolitan Ave. Kensington, MD 20895, 03-883-4364, spirit-club.com

Spirit Club Foundation Inc. is a non-profit organization organized to ensure that people with disabilities and other health-related challenges have the opportunity to exercise and learn about fitness and nutrition in an integrated setting.

❖ **MCPAW** (Montgomery County Partners for Animal Well-Being) is the non-profit partner of the Montgomery County Animal Services and Adoption Center (MCASAC) working through MCASAC to keep homeless pets healthy and happy while awaiting adoption.

Goals are: Reduce the number of animals that come to MCASAC; Pamper, protect and provide for animals inside MCASAC; Educate and engage the community in causes for animal welfare. <http://www.mcpaw.org/>

❖ **C&O Canal Trust**, www.canaltrust.org

By giving to the C&O Canal Trust, you will be joining a growing movement of citizens across the country who are taking personal responsibility for the future of "America's best idea" — our national parks. Give thanks for the C&O Canal you enjoy today, and invest in its future.

❖ **Potomac Riverkeeper Network** works to protect the public's right to clean water in our rivers and streams; to stop pollution to promote safe drinking water; to protect healthy river habitats; and to enhance public use and enjoyment.

3070 M Street, NW, Washington, DC 20007. 202-888-2037

www.potomacriverkeepernetwork.org

❖ **Potomac River Conservancy**, 8403 Colesville Road, Suite 805, Silver Spring, MD 20910, 301-608-1188 potomac.org, seeks to improve the Potomac River's water quality by building an impassioned base of river advocates to impart change at the local level.

'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 deliv-

ered to children who otherwise may not have a joyous holiday.

Visit www.cjpvfd.org/santa to track Santa making the rounds.

The expected schedule:

❖ 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.

POTOMAC ALMANAC

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PHOTO BY HOME ON CAMERON

Todd Martz of Home on Cameron in Old Town Alexandria suggests adding a decorative mirrors for a quick bathroom update.



PHOTO COURTESY OF ANNE WALKER

Potomac designer Anne Walker used Thibaut wallpaper to make the room a “fabulous, joyful place to visit,” she said.

Preparing for Holiday Guests

Sprucing-up a bathroom without a renovation.

BY MARILYN CAMPBELL

Amid the tree-trimming, wreath hanging and stocking stuffing in an effort to deck the halls in anticipation of holiday guests, there’s one space that can be forgotten: the humble bathroom. While not as festive as hanging garland, a few simple tweaks can transform a bathroom from glum to guest ready.

“Hands-down, the easiest way to spruce up a bathroom with little or no expense is to de-clutter,” said Anne M. Walker of Anne Walker Design. “You’ll be amazed how beautiful your bathroom looks if you clear away all of the items sitting on the countertop and around the room.”

To help with that effort, Walker suggests investing organizational items such as Lucite or bamboo trays and drawer inserts so that personal items can be kept out of sight.

For those with a budget and time to allow for it, Walker suggests a fresh coat of paint or new wallpaper. “That can make a huge visual impact in a bathroom,” she said. “Since the space is so small, and it’s a room where you don’t spend long periods of time, you can have fun with interesting colors and patterns.”

Also think about painting just one wall as an accent or the ceiling,” said Todd Martz of Home on Cameron in Alexandria. “[Add a new] mirror, such as a decorative or colorfully framed mirror or one that runs from floor to ceiling, for a fresh look.”

He also suggests updating a bathroom’s lighting to make the space feel bright and airy.

Another practical tip that Walker offers is a good, old-fashioned scrub-down. “Clean like you’ve never cleaned before, she said. “Use a surface cleaner with bleach, like Krud Kutter, which is my personal favorite, a strong brush, and your elbow grease to remove dust, grime and dirt from tile grout, caulk, and cor-

ners of the room.”

Among the more mundane tasks is to visually inspect the bathroom’s grout to check for cracks and stubborn, unsightly mold. Re-grouting might be necessary, says Chuck Khiel, vice president of Fred Home Improvement. “When making a repair, it is very important to remove all of the cracked grout in the joint so that the full edge of the tile is exposed,” he said. “The new grout can then bond to the full thickness of the tile edge. Simply smearing a thin layer of new grout over old grout will not work.”

Once the room is sparkling clean and totally decluttered, Walker suggests adding display on a countertop or in a shower niche. “A vase full of bamboo, pretty soaps in a rattan basket or a Lucite tray filled with beautiful guest towels are just a few suggestions for fresh objects that will lend an air of tranquility to your bathroom.”

For guests who might cringe at the thought of shared guests towels, Martz suggests adding a tray of disposable hand towels. He also encourages engaging one’s sense of smell by, “adding some scented candles like those by Rigaud’s Cypres and Cythere.”

Another simple fix is to buy fresh new bath linens, says Walker. “No matter how hard you try, towels and shower curtains get dingy over time,” she said. “There are so many places to buy lovely linens, and many of them are very low cost.”

With the right accessories, even the most modest spaces can be made to feel like a spa, suggests Walker, recalling a bathroom in which she added a Turkish towel, striped shower curtain which became transformative. “Even though the bathroom, itself, is modest, the beautiful shower curtain makes it feel like a resort,” she said. “By adding just a couple of colorful accessories on the countertop, it pulls the whole room together.

Installing new fixtures such as a shower head can quickly transform a bathroom from outdated to updated. “There are many types of shower heads on the market these days,” said “Some offer a variety of water streams and different features, [and] most manufacturers make it so that changing a shower head is fairly simply.”

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HOLIDAY GIFTS

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



“All the rage” toys from Toy Castle.



PHOTOS BY DEBORAH STEVENS/THE ALMANAC

Toys for Fun, Learning

FROM PAGE 3

popular ‘Elf on the Shelf.’ The wine glass magically is filled each morning when you find it in its new spot. We also carry fuzzy fleece sweatshirts and pants for cuddling up on the couch — perfect for staying warm in this cold weather.”

Brian Mack has owned the Toy Castle for 39 Christmases. This iconic store has provided high-quality toys for birthday parties, holidays and special occasions since 1979. Mack has seen all types of toys go in and out of favor.

“There is no real hot toy this year, but toys that accelerate STEM programs, games, mermaids, Peppa Pig and llamas are popular,” Mack said. “Gravitrax is a marble-run on steroids with all sorts of accessories that can be added. Girls love our Squishables in the shapes of macaroons, lattes, peanut butter and jelly — we even have an avocado. Kids and parents still enjoy playing games together and Connect 4 Shots is flying off the shelves. We offer a huge variety of toys, crafts, science kits, Legos — and complimentary gift wrapping too. Parents love to bring their

kids here to pick out toys and games for their wish lists — we are the one place where kids can actually see and examine all the toys on the market, ask questions and make decisions about what they would like for gifts.”

Next door to the Toy Castle is Hall of Fame Cards and Collectibles. This store is a shopping Mecca for sports gifts for fans of any age. It is packed with sports memorabilia including old and new baseball, football and basketball cards, albums to help organize them, sports banners for favorite teams, sports jerseys, and warm pajama pants with team insignias, wallets, blankets and buttons. Owner Peter Averinos said his most popular items are: “Anything Capitals — for sure! We also sell lots of Washington D.C. team clothing for the Nats, Terps, Hoyas and yes — even for the Redskins!”

Cell Fixx in the Cabin John Mall provides an extremely necessary service for all — cell phone repair. They repair screens, provide batteries, sell new and used phones, cell phone and iPad cases and prepaid cell phone plans — without a contract. Hot items for your techies this year are wireless chargers and



Games are still loved because they bring parents and adults together, says Brian Mack.

SEE REDUCING STRESS, PAGE 10



Gravitrax from Toy Castle is a “marble run on steroids.”



Brian Mack, owner of Toy Castle displays popular game Connect 4 Shots.



Get your avocado Squishable at Toy Castle.

HOLIDAY ENTERTAINMENT

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

ONGOING

Four Exhibits in Five Galleries at Two Locations. Through Dec. 22, 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 – graduates of the Compass Atelier in the main gallery, and an additional merge gallery filled with more Inspired by Frida. Visit www.artistsandmakersstudios.com.

Art Exhibit: A Burning Winter Dance. Through Dec. 29, 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 www.bethesda.org.

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



National Philharmonic Singers

Holiday Concert

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. Saturday, Dec. 15, 8 p.m. at Christ Episcopal Church, 107 South Washington St., Rockville. A free-will offering benefits the Community Ministries of Rockville. Visit www.christchurchrockville.org or nationalphilharmonic.org for more.

that get children engaged with the music. Bring jingle bells if available. No registration required. Free. Contact Cindy Gil at 240-777-0690.

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.

Vivaldi's Gloria. 4 p.m. at Potomac Presbyterian Church, 10301 River Road, Potomac. Gloria in excelsis Deo, shortened to Gloria, is an ancient text that dates to as early as the 2nd century, and is part of the Catholic Mass. It can be recited or sung to music, and there are hundreds of melodies and musical settings of the text. This is considered Vivaldi's "extended" musical reflection on the text. Visit www.potomacpresbyterian.org/.

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 Engebretson, the concert will feature the Philharmonic's nearly 200 voice all-volunteer Chorale, as well as soloists Suzanne Karpov (soprano); Magdalena Wóŕ (mezzo-soprano); Mathew Smith (tenor); and Trevor Scheunemann (bass). Tickets start at \$34 and are free for young people age 7-17. Visit www.nationalphilharmonic.org or call 301-581-5100.

MONDAY/DEC. 24

Family Movie. 10:30 a.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Lights... Camera... Action! Come to the Potomac Library and see what's playing. Bring a snack. No registration is needed. Free. Call 240-777-0690.

THURSDAY/DEC. 27

Fun with Playdough! (STEAM). 2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Expand the ability to imagine and create and have fun all at once using playdough. Children will learn how to form a character with playdough. For ages 8 years and above, younger children will require supervision with parent/caregiver. Registration is required. Free. Contact Cindy Gil at 240-777-0690.

PHOTO BY STAN ENGBRETSON



The City Choir of Washington
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A TWELFTH NIGHT CONCERT

Sunday, January 6, 2019 | 4:30 PM
National Presbyterian Church, Washington, D.C.

Bring the joy of the season into the New Year
By celebrating the Feast of the Epiphany
With a selection of new and old holiday favorites
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TICKETS: \$15-\$59. Group discounts available.
Visit citychoir.org or call 571-206-8525.

Contributions will be collected at the concert for donation to the California Choral Directors Assoc. to help the Paradise High School Choir and other choral groups displaced or impacted by the recent California wildfires. Please consider a donation.



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CELEBRATE CHRISTMAS WITH US

Christmas Eve, Monday, December 24

Prelude music begins one half-hour before each Mass

4:00 pm Cherub & Children's Choir/Flute (Church)
4:00 pm Piano/Cantor (McAuley Hall)
6:00 pm Cantor/Hand Bells
8:00 pm Choir/Strings/Trumpet/Flute
10:00 pm Schola/Strings/Trumpet/Flute

Christmas Day, Tuesday, December 25

Prelude music begins fifteen minutes before Mass

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

ADDITIONAL MASS INFORMATION

December 26 through December 28, 2018
and December 31, 2018

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

Tuesday, January 1, 2019
New Year's Day, Mary, Mother of God
9:00 am

no 7:00 am or 8:30 am Mass

HOLIDAY GIFTS

Reducing Stress of Holiday Shopping

FROM PAGE 8

video game cassettes.

Another long-time Potomac store in Cabin John Mall is Shoe Train. Like Toy Castle, this business was also founded in 1979 and is approaching its 40th anniversary of fitting children in comfortable shoes. They are a one-of-a-kind shoe store providing expert foot-measurement and the right shoes, slippers, boots and sports shoes. Marina Fradlin is the owner.

Store Manager Ken Neufeld has been with Shoe Train for 28 years and most of the staff has been there just as long. “We have parents who drive down from PA, Philadelphia, Northern Virginia and even further for our service and expertise,” Neufeld said. “We fit kids with serious foot problems and also are trained in working with children with special needs — we will even open up the

SEE OFFERING SERVICE, PAGE 11



Banners from your favorite college or team sport hang high at Hall of Fame Cards and Collectibles

PHOTOS BY DEBORAH STEVENS/THE ALMANAC



Get your favorite team's pajama pants on – Find them in with every team logo at Hall of Fame Cards and Collectibles



Your favorite Caps Fan would love a banner touting the Stanley Cup Champions from Hall of Fame Cards and Collectibles.



Cell Fixx provides all your cell phone and iPad needs



Store Manager of Shoe Train Ken Neufeld with Assistant Manager Layla Jelani.



Baby and teens (and even adults) love their Uggs from Shoe Train



Keep your child's feet cozy and warm with slippers from Shoe Train.



Fashion Accessories from Shoe Train are in demand.

HOLIDAY GIFTS



PHOTO BY DEBORAH STEVENS/THE ALMANAC

Boots of every kind from Shoe Train.

Offering Service and Expertise

FROM PAGE 10

shop early if a child has difficulty with other shoppers, noise, etc. People come here for our huge selection, children's orthotics and our UGGs that fit baby through teens. Customers appreciate the obvious pleasure we get from a satisfied customer. Most of our customers come back every time their child needs new shoes."

Shoe Train is one of the few stores that

carries Stride Rite shoes for children, a brand that is known for their high-quality shoes. For babies, they sell all sizes in "First Walkers." Also on display are numerous accessories including shoelaces of every color, sandals and flip flops, sunglasses and hair bows. One outstanding service they provide is asking customers to return gently worn shoes and then they are donated by Shoe Train to children without shoes in Sierra Leone and Haiti.

Area Leaders Launch Firm

FROM PAGE 5

dent for Partnership, Greater Washington Board of Trade;

❖ David Harrington, former state senator and Prince George's County councilmember, and current Prince George's County Chamber of Commerce president;

❖ Thomas Himler, former deputy chief administrative officer for Prince George's County;

❖ Mary Hynes, former Arlington County Board member;

❖ Tom Rust, former Virginia delegate and mayor of Herndon;

❖ Bob Sweeney, founder and president of the DC 2024 Olympic bid and the Greater Washington Sports Alliance;

❖ Harry Wingo, former senior policy counsel for Google and former president and CEO of the D.C. Chamber of Commerce.

According to Berliner and Fissette: "What sets our firm apart is that we know this region and we know how to get things done. We know how to successfully engage the multiple levers required to make positive change happen. And we are committed to doing so for our extraordinary region."



Rust



Himler



Wingo



Wingo

The firm also offers services to its clients through its Strategic Partners, two national firms with expertise in the areas of transformative leadership and affordable housing: Healthy Companies and Enterprise Community Partners, Inc.

See www://dmvstrategicadvisors.com.

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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Still Scared to ...



By **KENNETH B. LOURIE**

As a follow up to last week's column: "Scared to ...," let me provide a bit more context for the fear and anxiety I wrote about; as well as some history for you readers to appreciate the emotional challenges some of us cancer patients experience.

It all began with the initial Team Lourie meeting on Feb. 27, 2009 when we met my oncologist for the first time.

After exchanging pleasantries, such as they could be, I was examined by my oncologist in an adjacent room. After he completed his exam, we all re-assembled in his office where he reviewed the results of my most recent medical history dating back to Jan. 1, 2010 when I first showed up at the Emergency Room complaining of shortness of breath.

Subsequently, there were two sets of X-Rays, one CT scan, one P.E.T. scan and then a surgical biopsy to confirm the previous findings. It was nearly eight weeks to the day that I learned my diagnosis: non-small cell lung cancer, stage IV. And so my oncologist began to talk. I'm semi-quoting, but clearly remembering the substance:

I can treat you, but I can't cure you. Your prognosis is 13 months to two years. The percentage of patients who live beyond two years is 2 percent. Could you be the one who lives beyond two years? Absolutely. This is extremely serious. You should begin chemotherapy as soon as possible. Next week if possible.

Then our questions began – after we gathered our composure that is. I mean, hearing these words directed at you is as surreal as it gets, and with limited knowledge on the subject and the circumstances, we had difficulty starting a conversation.

This is as much as I remember hearing that day. Could there have been more? I'm sure. Unfortunately, we were ill-prepared for the occasion.

Though there were three of us: my wife, Dina, my brother, Richard, and myself – collectively, what went in all of our ears went out in different directions.

What was said, what was heard, what was understood, what was remembered, was all a jumble. No one thought to take notes or bring in a recording device, two suggestions which have been subsequently made and that I now pass on to you.

My oncologist answered our questions about surgery, radiation, treatment, drugs, side effects, schedule, etc., all of which was difficult to absorb.

He then attempted to describe what my life would be like going forward, offering no guarantees of anything particularly hopeful, which now explains the reasons for these two columns: death and progression from dying/symptoms getting worse. He used a staircase as an example.

My health would steadily decline, as if walking down a flight of stairs. As my health deteriorated/symptoms manifested (down a couple of steps), he could stabilize me there by trying new treatment. But he could never bring my health back to its previous place. Then after a while the new treatment would become unsuccessful (down a few more steps), and again, he could stabilize me but he couldn't bring me back. And on and on until ... I think I can remember another visual he offered: playing with a yo-yo as I descended the stairs; down, down, down.

Amazingly, this has not happened to me despite a week's long hospitalization five-plus years ago.

HOWEVER, per my understanding of my condition (I wasn't diagnosed as "terminal" for nothing), I anticipate stepping down at some point. And any time – every time – I experience symptoms uncharacteristic of my semi-normal existence, I ALWAYS wonder if this is the beginning of my end.

And as much as I want to stay one step ahead, it's hard for me (practically impossible) to not think that when new symptoms occur, cancer is stepping up its attack.

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



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