

Published
Since 1983

Gary & Diana Ditto's Newsletter

Spring 2021

Welcome to the Neighborhood

Would it surprise you that within just a quarter square mile, the Town of Kensington is home to over 250 businesses? That number holds steady even with the current challenges, according Tracey Furman, Mayor of Kensington since 2016.

Town businesses serve a wide surrounding area — the neighborhoods of the Kensington zip code, and beyond to Chevy Chase, Garrett Park, North Bethesda, parts of Wheaton, Silver Spring and Forest Glen.

The Town's beautiful historic setting is convenient and walkable. Being able to go places without needing a ride is great for kids and their parents. Residents appreciate the many one-of-a-kind businesses and the growing variety of cuisines.



Photo by Anna Kolosyuk

The Woman's Club of Chevy Chase
“Virtual” 45th Community Art Show & Sale!
Friday, April 9 — Sunday, May 16, 2021
Website: wccmaryland.org/45th-art-show-and-sale
— more details on page 2

Businesses have responded with creativity and resilience to the quarantine. Those with an online presence had a head start. Carryout service allows restaurants to stay in business. The owners of some of the businesses that closed were already considering making a change well before the pandemic, is Mayor Furman's understanding.

In this newsletter we spotlight some wonderful new arrivals.

Inside this issue: Talia's Market ...
Legendary Fitness ... PEP - the Parent
Encouragement Program ... KVFD...
Kensington Market ... and more.

THE DITTO GROUP
experience • knowledge • community

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— Art Show & Sale continued

This year the Woman's Club of Chevy Chase Art Show and Sale is live online **for 5 weeks!** This fabulous event supports scholarships for art students at Montgomery College and is not to be missed!

Over 300 original works by 94 local artists will be on exhibit and for sale: portraits, pastels, oils, watercolors, prints, drawings, photographs, minis, acrylics, mixed media.

The judge is Jack Rasmussen, Director and Curator of American University's Katzen Arts Center.

Learn more by going to wccmaryland.org and ... enjoy the show!

Talia's Market

10562 Metropolitan Ave
Kensington, MD 20895

Talia's Market features imported Greek and Mediterranean items, and locally sourced specialty groceries.

The Loukaniko sausage is made by Talia's Cuzina Chef Chris Panagiatopoulos. The olive oil on tap is from Kalamata.

There is an array of breads, desserts, cheeses, olive oil, honey, tea, homemade pastas, and gifts. Plus grab-and-go salad, empanadas and bowls — chicken, pulled pork, and more. Market Manager Carlos Hickman continues to add to the already great selection.

Talia's Market is open Monday - Saturday, 8 a.m. – 6 p.m. and Sunday, 10 a.m. – 6 p.m.

Visit www.taliascuzina.com/talias-market for details.



Carlos Hickman at Talia's Market new on Metropolitan Ave

Legendary Fitness

10513 Metropolitan Ave, Kensington MD 20895

Legendary Fitness opened on Metropolitan Avenue in December and took off. The personal training studio offers in-home, virtual, and in-studio training for individuals of all ages who want to live a stronger and healthier life.

Trainers Peri Evanoff and Sherri Bale tailor each workout program to your body, goals, and lifestyle. "Exercise strengthens both muscle and bone, so important for healthy aging, but that doesn't require going 'exercise crazy'," says Sheri Bale.

Peri Evanoff, a former competitive swimmer, is a personal trainer and nutrition coach with 20 years of experience. She specializes in women's strength, prenatal and postnatal fitness, senior fitness, corrective exercise, and power lifting.

Sherri Bale, retired from the genetic testing company she started, is a powerlifter, black belt in judo, and personal fitness trainer. A grandmother, she is especially interested in senior fitness and in training women of all ages.

They welcome clients who may feel uncomfortable working out in a large gym that caters to younger adults and the already fit. Their clients typically are over 45, and many are in their 60s, 70s and up.



Sessions are by appointment only.

Contact 202-744-9937 or

email trainer@legendaryfitnessllc.com.

Check www.legendaryfitnessllc.com for more information.

QUESTION: Would you like to receive the Ditto Group's newsletter by email? Please send your request to: [Gary @thedittogroup.com](mailto:Gary@thedittogroup.com).

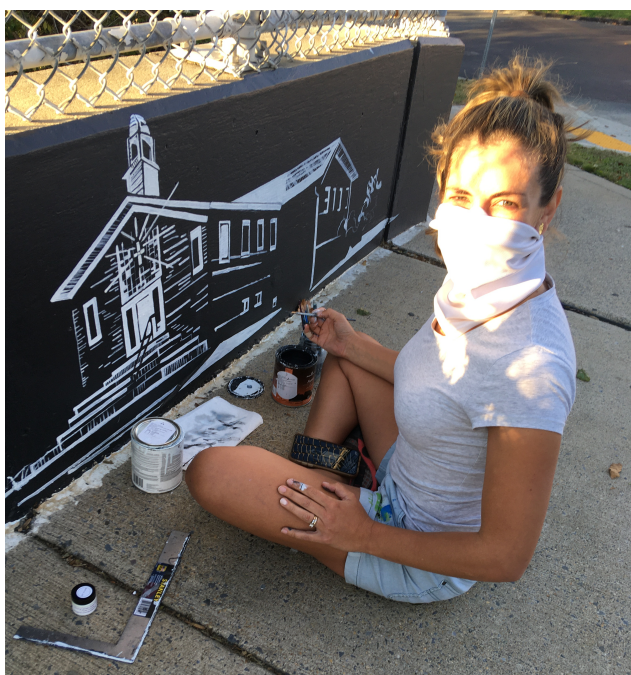
Gary and Diana Ditto's Newsletter welcomes ideas and news from community members. We are grateful to Penny Veerhoff. The editor is Antoinette Kranenburg of Kensington, assisted by Cherry Wunderlich.

Good Luck to Finalist Nicole Bourgea!

Nicole Bourgea's entry for the Wheaton HQ Mural Project is one of three wonderful finalists. Her proposed mural celebrates community diversity with the idea that we all smile in the same language.

The winning entry is selected by votes from the community. (Voting closed on March 26th.)

Bourgea's murals in Kensington are featured in the fall 2020 issue of this newsletter. Her murals in Kensington include the Monarch Butterfly Mural on the Jubilee building at 10408 Montgomery Avenue; the wildflower mural on Frederick Avenue celebrating Clum-Kennedy Park; and the Hold Your Light mural framing the Summit Avenue Bridge honoring the KenGar Community.



Artist Nicole Bourgea adding finishing touches to the HOLD YOUR LIGHT mural.

Kensington Market

4215 Howard Ave, Kensington, MD 20895

The word is out about the amazing fresh seafood at Kensington Market! Bright green and white yard signs and social media posts draw people to its unexpected location on Howard Avenue, close to the turn to meet Knowles Avenue.

Kensington Market opened on January 1st, this year. Along with the excellent seafood, there is a wide selection of meats, poultry, local produce, cheeses, pantry items, and ... poke bowls, made to order all day.



Got Kids? Get PEP!

www.PEPparent.org

Congratulations to the Parent Encouragement Program (PEP) on forty years of parenting education!

The Kensington nonprofit PEP offers award winning parenting education programs ranging from one hour to four weeks. It is the effective, practical support that parents look for, especially during challenging times.



*Educating parents.
Enriching families.*

Parents learn the time-tested, practical strategies of positive parenting to connect with their kids and build strong, cooperative family relationships from the start, through the teenage years and beyond.

Since last March the number of parents participating online has tripled to nearly 9,000. During the coronavirus quarantine all programming is online. Learning from home makes it easy for parents to participate together.

For more information about PEP's free and low-cost parenting programs — 4-week online master classes, live webinars, on-demand videos on dozens of common parenting challenges, and the free *Critical Topics in Parenting* series — visit www.PEPparent.org.

Congratulations! The Kensington Volunteer Fire Department held the 4th annual Chili Cook-Off to raise funds for a new ambulance at **Station 5**. Kensington Market sponsored this year's "drive-thru edition."



The seafood is fresh *every day*, never frozen, supplied by Kensington Market Wholesale right next door. Crab cakes are the most popular item, says Pedro Munoz, the Market's buyer. The market supplies Frankly Pizza with clams, so clam pizza could come back on the menu.



Hours are **Tuesday through Saturday: 10 a.m. — 7 p.m.** Parking spaces are right in front. Online ordering for curbside pick-up is open at www.kensingtonmdmarket.com. contact: 301-328-1248 email: hello@kensingtonmdmarket.com.



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The Ditto Group Real Estate Activity

* = we represented the buyer



2915 Jennings Rd
Kensington/Oakland Terrace
For Sale - \$1,059,000



4005 Woodlawn Rd
Chevy Chase / CC Sec. 9
Sold - \$860,000



3300 Wake Dr
Kensington/Rock Creek Hills
For Sale - 850,000



3303 Oberon St
Kensington/Homewood
For Sale - \$769,000



10803 McComas Ct
Kensington/Kensington Heights
Under Contract - \$759,000



1111 25th St NW #806
Washington DC/ West End
Sold - \$750,000



3400 Rutgers St
Hyattsville/University Hills
Coming Soon



2713 Emmet Rd *
Silver Spring/Oakland Terrace
Sold - \$603,000



1573 Beverly Ct *
Frederick/Fredericktowne Village
Sold - \$257,000