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Road Hazard?

NEWS, PAGE 3

CALENDAR, PAGE 6 ♦ SPORTS, PAGE 9 ♦ CLASSIFIED, PAGE 10

PHOTO BY AARON STERN/THE ALMANAC

Whither the local roadside produce stand? The Maryland State Highway Administration is intent on removing farm stands along the side of state-owned roads to reduce the perceived safety hazard.

Lyme Disease
On the Rise

NEWS, PAGE 3

Home Is Where
The Diamond Is

SPORTS, PAGE 9

Schools Take
Responsibility
For Damage

NEWS, PAGE 3

CRIME

The following incidents were reported by the Montgomery County Police Department.

A **residential burglary** occurred in the 9000 block of Seven Locks Road in Potomac on Friday, June 26 between 12:45 p.m. and 2:45 p.m.

An **aggravated assault** occurred in the 3000 block of Gatehouse Court in Potomac on Saturday, June 13 at 7:50 p.m. The adult male victim was cut with a knife by the adult female suspect. This incident is domestic.

A **commercial burglary** occurred at the Potomac Squash Club, 12300 Seven Locks Road in Potomac on Sunday, June 14 at 4 a.m. No forced entry. Suspect found inside and arrested at the scene.

An **aggravated assault** occurred in the 9300 block of Crimson Leaf Court in Potomac on Monday, June 15 at 3:32 p.m. Adult male suspect attempted to stab the adult female victim with a knife. This incident is domestic.

A **theft from a vehicle** occurred in the 10600 block of Vantage Court in Potomac on Sunday, June 14 at 8:20 p.m. The victim had walked outside and saw the suspect between her two vehicles. When observed, the suspect fled. The vehicles were left unlocked and coins were reported missing. The suspect is described as a black male, medium complexion, black shirt, and jean shorts.

A **commercial burglary** occurred at Kart Landscape & Lawns, 13711 Travilah Road in Potomac between 5 p.m. on Friday, June 12 and 5 p.m. on Saturday, June 13. Suspects forced entry and removed property.

SEE CRIME, PAGE 8

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PHOTOS BY LAUREN PIRES/THE ALMANAC

A road-side stand beckons for fresh-produce customers.

Paula Gershen chooses fruit.

Good Neighbor

MCPS is willing to mend damage done to neighboring properties during school construction.

BY ANSLEY LABARRE
THE ALMANAC

After months of voicing their concerns, neighbors of the newly-renovated Bells Mill Elementary School are finally being heard. Officials from Montgomery County Public Schools say they are willing to take responsibility for damage to landscape, sod and drainage problems caused by the construction project that several nearby property owners were unhappy with from the beginning.

Hideko Takahashi's home is so close to Bells Mill that her wooden fence technically stands on school property. But the fence posts alongside Takahashi's cypress landscaping have been damaged and the grass uprooted, leading to complications with water run-off in her yard. Takahashi said she repeatedly approached MCPS with a "break it — buy it" mentality.

"They should respect your property," said Takahashi.

Jim Tokar, the facilities designer for the MCPS division of construction, said last week that he is working with the neighbors, including Takahashi, to correct any issues they have as a result of the renovation. Tokar scheduled a meeting with the concerned Bells Mill neighbors to address their individual needs for Tuesday, July 28 after The Almanac went to press. Tokar said that he plans to resolve any remaining concerns within the next few

Farmers Markets in State of Flux

Crackdown on public right-of-way violations could alter landscape for local produce stands.

BY LAURA PIRES
AND MAYA MOTAYNE
THE ALMANAC

Twenty-seven years ago, Roger Asbury began a local produce stand on Seven Locks Road. Every summer since then he's provided the community with fresh and locally grown fruits and vegetables.

During the summer, residents of Potomac and neighboring communities have a choice between the grocery store produce and local roadside stands, but that might soon change.

Several such local produce stands have been deemed unsafe by the Maryland State Highway Administration (SHA), because of their locations on the sides of busy roads and in the public right-of-way of several of

those roads, which are owned and maintained by the state.

Local produce stands "are not allowed on any state property," said SHA spokesman David Buck. "We heard from them that their [Montgomery County-issued] permit allowed them to be on state property, but nowhere in law are they allowed to operate on state areas, it violates our right of way. Those areas are reserved for traffic signs, traffic, pedestrians, and vehicles. It is clearly in the way and we cannot turn a blind eye to such a hazard."

SOME STANDS, like the Potomac Farm Market on River Road, are on private property, and are enclosed by a fence and are not the target of the SHA crackdown. Others, like the stands on Seven Locks and Democracy are situated on the side of roads,

some of which have high volumes of traffic moving at high rates of speed.

"Traffic is stopping on the shoulder of a 45 mph roadway," Buck said. "We've had a lot of people writing in to say 'oh nothing has ever happened' but we know now that it is in our right of way," said Buck. "More than 600 people die on our roads every year and we have to do everything in our power to keep our roads safe, because heaven forbid if something were to happen [as a cause of the stands] and we knew they were there."

Those who frequent such stands have many reasons for going to local farmer's markets, but taste is usually the biggest factor.

"The fruit is better," Paula Gershen said. "Everything just seems to taste better."

Local produce "is fresher and it tastes better than the stuff in a grocery store," said Rob Ficker, owner of the stand on Democracy Blvd. "A grocery store is mass-pro

SEE HIGHWAY, PAGE 4

SEE MCPS, PAGE 5

Reported Cases of Lyme Disease on the Rise

Residents fearful of a disease that has lingering effects and is not fully understood.

BY AARON STERN
THE ALMANAC

Growing up in Potomac, Molly Hamilton used to love going to the C&O Canal National Historical Park to walk along the towpath. Now a mother of four raising her children in her hometown, Hamilton is loathe to visit the canal and even watching her children play

outdoors makes her uncomfortable.

"I don't even want to go outside anymore. I look at my [backyard] playground with fear," said Hamilton. Two years ago Hamilton was diagnosed with Lyme disease, and her fondness of the outdoors, bred in childhood, gave way to suspicion and fear. She still doesn't know how she got it and after countless hours of personal research into the subject Hamilton is unsatisfied with

the prevention tactics and information put forth by public health agencies, convinced it isn't as simple as being bitten by an infected tick.

Hamilton isn't alone in her fear and her skepticism, and many of the 150 or so people who showed up to the Potomac Community Center on Thursday, July 23 for a public forum on Lyme disease organized by state Del. Susan Lee (D-16) expressed similar frustration at the toll the disease has taken on their lives and the lack of public awareness surrounding the disease.

SEE REPORTED CASES, PAGE 4

More

Lyme disease is on the rise in Montgomery County and throughout the state of Maryland. To learn more about the disease, how it is transmitted, how it can be prevented and what the symptoms are there are several Web sites to visit. Marylandtickoff.org is a site run by the Maryland Department of Health and Mental Hygiene and to get information from the Centers for Disease Control visit www.cdc.gov/ncidod/dvbid/lyme/index.htm. For information from Montgomery County visit www.montgomerycounty.gov/hhstmpl.asp?url=/content/hhs/lyme_disease.asp.

Two sites that were recommended by several people at last week's Lyme disease forum at the Potomac Community Center were underourskin.com and cureunknown.com.

Highway Administration Cites Road Safety Hazard

FROM PAGE 3

duced, and the fresher tastes are just not there.”

The virtue of supporting the local economy is also part of the appeal of the stands that sell fruits and vegetables from local Maryland farms.

“**EVERYONE IS** affected [by the recent economic problems] so people are staying closer to home,” said Steve Magassy, owner of the Potomac Farm Market on River Road about a mile south of Potomac Village. “People are more aware of locally grown produce, and farmers are especially affected, which is why we have to help support them.”

“I think the produce stand is great as long as it is a safe place to pull off the road,” Potomac resident Kim O’Shaughnessy said. “I think [the stands] are a great community service.”

“I think it’s terrible,” said Potomac resident Molly Rolandi of SHA’s efforts to remove the stands. Food stands “are a healthy service to our community and there is no need to shut down a man who is trying to make a living on his own. We shouldn’t do this to local businesses. [Asbury] has been here for 27 years and he’s a fixture on Seven Locks, and a fix-

ture of the community.”

Asbury said that with the help of a lawyer he has managed to get the land on which his stand sits rezoned and that he has resolved the issue with SHA, but other stands have not had similar success.

Although SHA instigated the removal of the produce stands earlier this summer, they do not have the jurisdiction to enforce the relocation of these stands. Buck said that the stands in question have into the first week of August to relocate from state property and after that SHA will take the necessary steps to have them removed.

“We are willing to give them time,” Buck said. “But if that time passes and they’re still there, we will have to involve the police, we hope it doesn’t come to that, but we might have to. We don’t have the enforcement power to do it ourselves, but we will do everything to keep our roadways a safe environment.”

Asbury said that he is worried that the closing of local produce stands will negatively affect the economy, and he advocated for helping local businesses.

“Instead of trying to put these people out of business in these hard times [the state and county] should be helping people find jobs,” Asbury said.

“I think the produce stand is great as long as it is a safe place to pull off the road.”

— Kim O’Shaughnessy, Potomac resident



Chloe Myers, a rising fifth-grader at Bells Mill Elementary School, grew her hair for two years before cutting 10 inches earlier this month to donate to Locks of Love, a non-profit that distributes hair pieces to disadvantaged youth battling disease.

A Helping Cut

Two years ago Chloe Myers was an eight-year-old watching her mother Natacha Myers battle breast cancer. Fast forward to the present and Natacha Myers is healthy and in remission, and Chloe Myers is doing her part to ease the pain of cancer for others like her mother.

Earlier this month Chloe got her hair cut for the first time in two years. Her curly brown hair had grown down to her lower back. Now that curly hair will make a wig for someone who has lost

their hair battling disease because Chloe gave the 10 inches she had shorn to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children in the United States and Canada under age 18 suffering from long-term medical hair loss from any manner of diagnosis.

Chloe said that watching her mom battle through cancer was an inspiration and that she hoped her hair would help someone in need. To learn more about Locks of Love, visit their Web site at locksoflove.org.

Reported Cases of Lyme Disease on the Rise

FROM PAGE 3

Lee asked those in attendance at Thursday’s meeting to raise their hands if they had been personally impacted by the bacterial disease; nearly every audience member held a hand high.

“I’m not afraid to say it’s an epidemic,” Lee said to the crowd. “Don’t you think it’s an epidemic?”

Lee noted that in the Lake Normandy neighborhood of Potomac where her parents live only four households have not been affected by Lyme disease.

“I keep meeting more and more people in Potomac that have it,” said Hamilton.

CONFIRMED CASES of Lyme disease rose from 85 to 475 in Maryland from 2006 to 2007, and according to statistics from the Maryland Department of Health and Mental Hygiene that number may have jumped again last year. The number of confirmed Lyme cases in Montgomery County in 2008 was 314 and the suspected cases was 239, making a possible total of 553, though health officials at Thursday’s forum warned that that jump may be due in part to in-

creased reporting.

The reasons for the spike in reported Lyme’s cases is due at least in part to the increasing suburbanization of land that was once reserved for agricultural purposes and the subsequent displacement of deer, said Bill Hamilton, a wildlife ecologist for the Montgomery County Parks Department. That ever-rising population of that displaced deer population comes in more regular contact with humans and deer can easily shed Lyme-carrying ticks in backyards when they come to graze on shrubbery, Hamilton said.

Lyme disease is a bacterial infection transmitted by infected black-legged ticks that attach themselves to the skin for at least 24 hours, according to the Maryland Department of Health and Mental Hygiene. A gradually expanding rash that often looks like a bulls eye-shaped bruise occurs on the site of the bite in 70 to 80 percent of cases, though many at Thursday’s meeting said that those who get that rash are fortunate because

the earlier Lyme’s is treated the better the results.

The disease often goes undiagnosed or misdiagnosed for long periods of time when that telltale rash does not appear.

Early symptoms of Lyme disease include fever, headache and fatigue and if untreated can result in the loss of muscle tone on one or both sides of the face, severe headaches, joint stiffness, shooting pains, heart palpitations, and dizziness as the disease begins to affect neurological functions. The disease is treated through antibiotics and the earlier the diagnosis the more successful the treatment and the fewer the long term effects, officials said.

THE BEST WAY to prevent contracting Lyme’s is to wear long sleeved clothing and insect repellent when outdoors, officials said, and thoroughly checking the body — and for parents to check their children —

for ticks after being outdoors.

Antibiotic treatments are successful, but there is still no cure or vaccine for Lyme disease and many at Thursday’s meeting said they were skeptical about the extent of information offered by public agencies. Health officials countered by saying that the numbers will decline as the public is educated on the causes and prevention tactics to combat Lyme’s.

Two years after her diagnosis, Hamilton said she still feels the lingering effects of extreme fatigue and that between antibiotics, probiotics and vitamin supplements she takes about 35 pills each day. The fatigue makes it hard for her to do more than the bare minimum it takes to run her custom plate business out of her home, and it makes her fearful for her children when they go outside.

Health officials though said that with the proper amount of precaution and education residents shouldn’t be afraid.

“Don’t feel like you have to be a prisoner,” said Marilyn Piety of the Montgomery County Department of Health and Human Services. “Do feel like you have to take precautions. And take them.”

“I keep meeting more and more people in Potomac that have it.”

— Molly Hamilton



The boy to the right of the director, Michael Rosman, is Navid Kaziani. The girl to his right is Mary Sailer. The girls at the top right are (left to right) Gillian Hetrick and Katie Macturk. The pie girl is Emily Cyrway. The girl below her to her left is Sophia Dinte.

Bullis's Circus Camp Stars

Youths attending Wednesday's "Pie in the Face Day" in the Bullis Circus Stars camp learned about pie-throwing from camp director Michael Rosman.



Jaydeep Sangha gives the "thumbs up" sign.



Maddy Kramer.

MCPS Meets with Neighbors

FROM PAGE 3

months with the property owners. The biggest issue, he said, is having contractors available to fix the damage in a timely manner.

The process may be taking longer than the neighbors prefer, but it is the first time they seem to be getting answers.

"They know my requests are reasonable," said Jorge Cardona, whose property parallels the school and consequently suffered water damage to his yard and flooding in his basement. Cardona has been living in his home for 27 years and said he never saw a drop of water on the interior until construction on the new school began.

"It came from the school in droves," said Cardona, referring to the water run-off that forced him to replace the tile flooring in his basement. But Cardona described MCPS officials as receptive to evaluating his property damage that resulted from the construction.

SUCH DAMAGE was among the concerns voiced by several Bells Mill neighbors who opposed the construction project before it began early last year. The neighbors said they were not able to dissuade the county's school system from progressing with their chosen design, which was intended originally for a property on Kendale Road and then was subsequently relocated to the smaller Bells Mill site when the

"They know my requests are reasonable."

— Jorge Cardona

Kendale plan was abandoned in the face of public resistance.

Duncan MacKeever, whose home is adjacent to Bells Mill Elementary said that he believes the county switched to the Kendale design to expedite the process.

"I appreciate that we're five people and there's a whole community going to school," said MacKeever. "But at the end of the day, an organization that was supposed to answer to its citizens took its own course."

Tokar said MCPS felt that all of the neighbor's concerns were properly addressed at the time of the plan's proposal.

MacKeever acknowledges he has not experienced any property problems in the aftermath of the construction, and two of his neighbors also bordering the school successfully sold their homes in the recent market. But the possibility of decreased market values for their homes due to the school's renovation still concerns both Takahashi and Cardona.

"When I bought the house, I thought having a school nearby was great," said Cardona. "But I didn't know it was going to end up in my backyard."

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CALENDAR



FRIDAY/JULY 31

National Philharmonic Chorale. 7:30 p.m. Free admission. National Philharmonic participants of the 2009 Summer Choral Institute and Choral perform works by Mendelssohn, Haydn and Duke Ellington. At Montgomery College, Robert E. Parilla Performing Arts Center, 51 Mannakee Street, Rockville.

To have community events listed free in The Potomac Almanac, send e-mail to almanac@connectionnewspapers.com. Deadline is Thursday at noon for the following week's paper. Photos and artwork encouraged. Unless otherwise noted, all events are in Potomac. For more information, call 703-917-6407.

from 8:30-9 p.m. Dance from 9 p.m. to 11:30 p.m. At Glen Echo Park, 7300 MacArthur Blvd, Glen Echo.

FRIDAY/JULY 31

"Twilight." 9 p.m. Free. Part of the Bethesda Outdoor Movies — Stars on the Avenue. At Woodmont Triangle, corner of Norfolk & Auburn Aves. Call 301-215-6660 or visit www.bethesda.org.

Ruthie and the Wranglers. 7 p.m. Friday Nights Out Back at Strathmore's Backyard Theater Stage. \$10 admission (cash only). American Roots, honky-tonk, and good old fashioned fun guaranteed!

Contra Dance. 7:30-11:30 p.m. \$9 admission. At the Spanish Ballroom. Contra dancing as well as some square dances and waltzes. Contra dance lesson from 7:30-8:15 p.m., followed by the called dance to live music from 8:30 to 11:30 p.m. At Glen Echo Park, 7300 MacArthur Blvd, Glen Echo.

Barbecue & Barchu. 6 p.m. Family, friends and neighbors are invited to a delicious backyard barbecue followed by a family friendly outdoor Shabbat service at 7 p.m. At Congregation B'nai Tzedek, 10621 South Glen Rd., Potomac. RSVP Jamie at 301-299-0225 ext. 301 or jperkins@bnaitzedek.org.

National Philharmonic Chorale. 7:30 p.m. Free. National Philharmonic participants of the 2009 Summer Choral Institute and Choral perform works by Mendelssohn, Haydn and Duke Ellington. At Montgomery College, Robert E. Parilla Performing Arts Center, 51 Mannakee Street, Rockville.

SATURDAY/AUG. 1

Swing Dance. 8-9 p.m. beginning swing lesson. Dance 9 p.m. to midnight. With Peaches O'Dell and Her Orchestra. At the Spanish Ballroom at Glen Echo. \$15 admission.

Grand Opening Celebration. 1-5 p.m. Washington Conservatory of Music at Glen Echo Park, 7300 MacArthur Blvd. Glen Echo. A ribbon-cutting ceremony will take place at 2:30 p.m. Visit www.glenechopark.org or call 301-634-2222.

"Mama Mia." 9 p.m. Free. Part of the Bethesda Outdoor Movies — Stars on the Avenue. At Woodmont Triangle, corner of Norfolk & Auburn Aves. Call 301-215-6660 or visit www.bethesda.org.

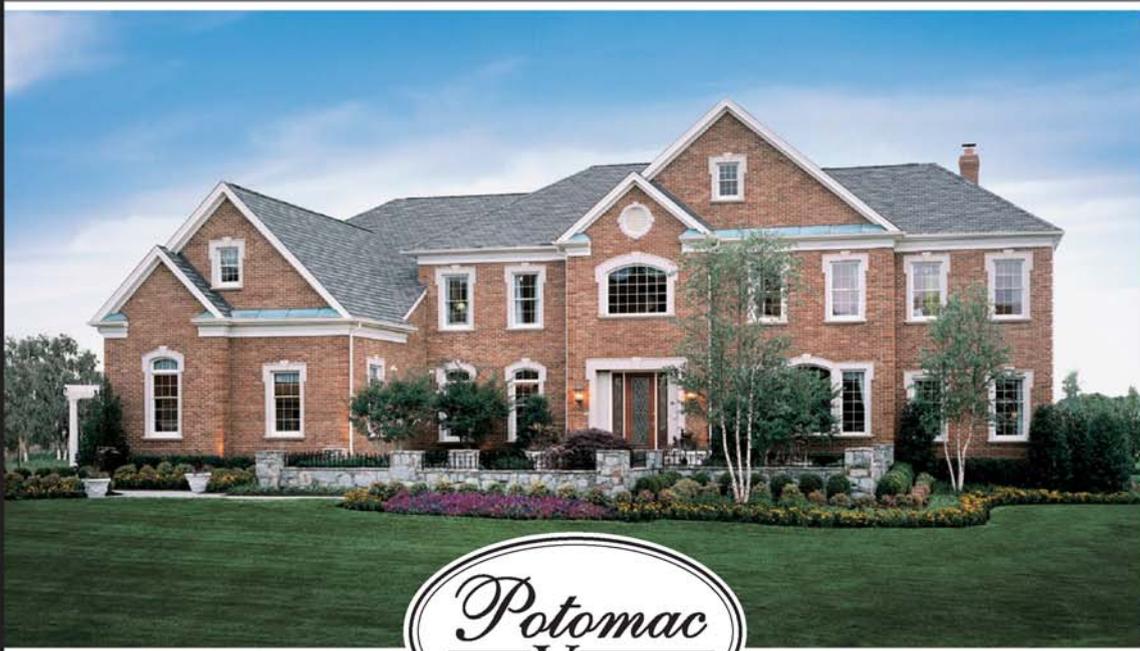
AUG. 1-9

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SEE CALENDAR, PAGE 7

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CALENDAR

SATURDAY/AUG. 1

Pianist Michael Adcock. 3 p.m. Free. Presented by the Washington Conservatory of Music as part of the grand opening celebration and open house of The Washington Conservatory at Glen Echo Park. Adcock will perform music by Spanish, South American, and Spanish-influenced composers. Glen Echo Park is located at 7300 MacArthur Boulevard in Bethesda, near the intersection of MacArthur Blvd. and Goldsboro Rd. The Washington Conservatory at Glen Echo Park is in the South Arcade of the Park (by Adventure Theatre.) Call 301-320-2770 and www.washingtonconservatory.org



Pianist Michael Adcock

FROM PAGE 6

the William H.G. FitzGerald Tennis Center in Rock Creek Park (16th & Kennedy Streets, NW). To order ticket packages - including Weeklong Packages ranging from \$165 - \$525, Partial Week Packages ranging from \$135 - \$205, Suites/Corporate Receptions and Discounted Group Packages — call 202-721-9500, or visit the tournament Web site at www.leggmasontennisclassic.com. Single session tickets, ranging in price from \$10-\$70 - based on location, session date and time - are available through all TicketMaster outlets, 202-397-SEAT (7328), 703-573-SEAT, or 410-547-SEAT and on-line at www.ticketmaster.com or the tournament Web site.

Swing, Tango, and Polka. At the Spanish Ballroom at Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$8 admission.

Voices of the River: Glen Echoes. 3:15-4:15 p.m. River Center at Lockhouse 8, C&O Canal National Historical Park, Cabin John, MD. Come listen to the Glen Echoes "ring a chord" as this barbershop quartet sings in close harmony with the flow of the river on the porch of the River Center. The Glen Echoes are a registered barbershop quartet with the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America. Contact Bridget Chapin, chapin@potomac.org, 301.608.1188, x206 or visit <http://www.potomac.org/site/discover-rlh8/>

AUG. 1-15

Hair Cuttery Shares a Haircut. Bring your child into any Hair Cuttery salon from Aug. 1-15 and for every haircut a child (aged 18 years old or younger) receives, Hair Cuttery will donate a free haircut to a disadvantaged child in the community. Visit www.haircuttery.com.

SUNDAY/AUG. 2

"Amazing Grace." 7 p.m. In the third installment of Keyboard Classics, Geneva's Director of Music James L. Turk will play favorite hymns, spirituals and contemporary praise songs. At Geneva Presbyterian Church, 11931 Seven Locks Road in Potomac. Call 301-424-4346.

Dragonfly and Damselfly Walk. 1-3 p.m. River Center at Lockhouse 8, C&O Canal National Historical Park, Cabin John, MD. Join Kevin Munroe as he takes us on a journey along the C&O Canal towpath to explore the life of dragonflies and damselflies. Contact Bridget Chapin, chapin@potomac.org or visit www.potomac.org/site/discover-rlh8/.

New England Style Contra and Square Dance. 7 p.m. newcomers' welcome lesson. 7:30-10:30 p.m. is dancing. At the Bumper Car Pavilion at Glen Echo. \$12 nonmembers, \$9/ members.

Swingin' the Blues — Slow Blues and Swing Dancing. Two dance workshops from 8-9 p.m., Slow Blues or West Coast Swing. Dancing from 9 p.m. to midnight. With BG and the Mojo Hands who will perform traditional Chicago, Jump, Swing, Rockabilly and down home Delta Blues. At the Spanish Ballroom, Glen Echo, 7300 MacArthur Blvd., Glen Echo.

Waltz Dance. 3-3:30 p.m. waltz lesson, 3:30-6 p.m. is waltz dancing. With the music of Terpsichore: Elke Baker, Ralph Gordon and Liz Donaldson. This versatile band will provide a lively mix of folk waltzes with a few other couple dances, including Hambo, Schottische,

WEDNESDAY/AUG. 5

Afro-Bop Alliance. 7 p.m. Free Outdoor Summer Concert at The Music Center at Strathmore. Awarded a Grammy for Best Latin Jazz Recording for their 2008 CD, Caribbean Jazz Project — Afro Bop Alliance featuring Dave Samuels, Afro-Bop Alliance is a Latin Jazz septet known for mesmerizing polyrhythmic grooves, harmonic colorings and improvisational lines. Visit www.strathmore.org or call 301-581-5100 for weather-related delay or cancellation notices of Summer Outdoor Events.

THURSDAY/AUG. 6

Blues Dance. 8:15-9 p.m. beginner workshop. Dance from 9-11:30 p.m. With rotating deejays and instructors. At the Ballroom Annex at Glen Echo. \$8/admission. Email: info@capitalblues.org.

FRIDAY/AUG. 7

Swing Dance. 8-9 p.m. is the introductory swing lesson. 9 p.m. to midnight is dancing. With the Boilermaker jazz Band from Pennsylvania. At the Bumper Car Pavilion at Glen Echo, 7300 MacArthur Blvd., Glen Echo. \$14 admission. Email: dbarker@glenchopark.org.

Contra Dance. 7:30-8:15 p.m. is the lesson. 8:30-11:30 p.m. is the dance. Contra dancing as well as some square dances and waltzes. At the Spanish Ballroom at Glen Echo. \$9 admission. Email: fndcontra@yahoo.com.

Youth Orchestra of the Americas. 7 p.m. Will perform Leonard Bernstein's Overture to Candide, Rachmaninoff's Piano Concerto No. 2 with Venezuelan pianist Gabriela Montero, and Beethoven's Symphony No. 5. At The Music Center at Strathmore. Tickets: \$15 for adults, children are free. Tickets are available at <http://www.wpas.org>, or by calling 202-785-9727.



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POTOMAC ALMANAC

CRIME

FROM PAGE 2

A **theft from a vehicle** occurred in the 13900 block of Piney Meetinghouse Road in Potomac on Tuesday, June 9 between 9 a.m. and 2 p.m. The vehicle had been left unlocked and the victim's wallet was taken.

A **strong-arm robbery** occurred in the 14800 block of Poplar Road in North Potomac on Sunday, June 14 at 1:30 a.m. The adult male victim was assaulted and robbed of his cash while walking to his vehicle.

A **commercial burglary** occurred at The Bretton Woods Golf Course, 15700 River Road in Potomac between 8:30 p.m. on Thursday, June 11 and 7:45 a.m. on Friday, June 12. Suspects forced entry and removed property.

Aggravated Assault: An aggravated assault occurred in the 7800 block of Cadbury Avenue in Potomac on Tues-

day, June 9 at 6 p.m. The victim came out to his vehicle and saw the first suspect inside. The first suspect stabbed the victim in the side and on the hand. The suspect fled to a waiting vehicle, driven by the second suspect. The victim did not report the incident until 11:30 p.m. that night, when he went to the hospital. The first suspect was a black male, 40-45 years old, 6'-6"5", wearing a red hat and green shorts.

Burglary: A residential burglary occurred in the 10400 block of Heathside Way in Potomac between Wednesday, June 3 at 7 a.m. and Thursday, June 4 at 7 a.m. Forced entry was made through a garage door and property was taken.

Burglary: A commercial burglary occurred at Behnke Nursery located at 9545 River Road in Potomac on Sunday, June 7 between 6 p.m. and 6:30 p.m. The owner interrupted the

burglary and the suspects fled in their vehicle a black 2000 Kia SUV. Unknown entry and unknown if property was taken. The first suspect was a black male, 27 years old, 6', 270 lbs., with a shaved head, tattoo on his neck. The second suspect was a black male, 22 years old, 5'11" and 170 lbs. The third suspect was a black male, 25 year. old, 5'10" and 185 lbs.

A **theft from a vehicle** occurred in the 11600 block of Deborah Drive in Potomac between Friday, May 22 at 6 a.m. and Saturday, May 23, at 9:30 a.m. Suspects broke the window and removed a digital camera, two iPod's and a wallet.

An **aggravated assault** occurred in the 8900 block of Liberty Lane in Potomac on Sunday, May 31 at 8 a.m. The victim and suspect both work at the nursing home and this incident was domestic related.

BULLETIN BOARD

To submit an item for the Civic Calendar, e-mail almanac@connectionnewspapers.com or fax the submission to 703-917-0991. Deadline is Thursday at noon two weeks prior to the event. For questions, call 703-917-6407.

illness. Free. Call 301-299-4255 or 301-570-9065. Internet: www.dbsanca-family.org

Chinese Speaking Health information Group. For anyone with chronic pain, family members and interested community residents. At 16220 South Frederick Ave., Suite 502, Gaithersburg. Contact: Chia-May Dougherty, 301-978-9750 and/or Pain Connection, 301-231-0008, www.painconnection.org.

WEDNESDAY/AUG. 5

Support Group — DBSA (Depression and Bipolar Support Alliance National Capital Area) Family Support Group, will hold its only August meeting at 7:30 p.m., on Wednesday, Aug. 5, at the Parish Hall of St. Raphael's Church at 1513 Dunster Road (Falls Road and Dunster Road) in Rockville, MD. The meeting is for the families and friends of people who have been diagnosed with depression or bipolar

THURSDAY/AUG. 6

Pain Connection Chronic Pain Support Group. 1:30-3 p.m. For anyone with chronic pain, family members and interested community residents. Feel free to bring your ice/heat packs, pillows and mats to make yourself comfortable. At Davis Library, 6400 Democracy Blvd., Bethesda, MD. Contact: 301-231-0008 or www.painconnection.org.

WEDNESDAY/AUG. 26

Grief and Healing. 1:30-3 p.m. Montgomery Hospice Drop-in Discussion for anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Montgomery Hospice, 1355 Piccard Drive, Rockville. Registration required: 301-921-4400.

AUG. 19

Coping With Chronic Pain. 7-8 p.m.

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Eric Stewart's Tip of the Week

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Home Is Where the Diamond Is

Area families play host to Bethesda Big Train players for the summer.

BY EMILY GROH
THE ALMANAC

Rebecca Crowley knows when summer time has arrived, if only because the level of etiquette in her home reaches unprecedented levels.

For nine summers now, Crowley has served as a host to a collection of players from the Bethesda Big Train, the college wood bat league team that plays at Shirley Povich Field in Cabin John Park. Host families "adopt" these players from all over the country for the summer and let them live in their homes while they play for the Big Train.

This season, Crowley welcomed Jordan King and Jarrod Parks of Mississippi, and has seen some subtle differences in her daily life, most notably the amount of southern gentlemen she's around these days.

"There are a lot of 'ma'am's' said around



Mike Northridge gives Danny Steinstra more pancakes at their traditional Pancake Fridays. Every Friday morning, the Northridge family (and, for the summer, Steinstra) eats pancakes together.

the house," said Crowley. "Also, when we eat dinner, they both make sure that any females get their food first. They are real gentlemen."

Crowley has generously taken in two players each summer and has gotten to know 14 different players over that time.

MORE THAN HALF of the players on this year's Big Train team call a city outside the Washington, D.C. area home. They come

from as far away as California.

Ryan Vander Tuig, a rising junior from San Jose State University, is living with the president/founder of the Big Train, Bruce Adams, and his family. He's joined by Adams's son, Hugh, a rising sophomore at Florida Atlantic University playing for the Big Train this summer, and his FAU teammate, Ahmed Garcia, originally from Cuba.

"It's cool seeing how other people live, especially since I'm from California, Ahmed is from Cuba, and the Adams' are from Maryland," said Vander Tuig. "I get to see how everybody lives differently."

For many, though, this is their first foray into the Washington, D.C. area. Many of the native Californian players said their host families took them to the nation's capital for their first visit.

They said since their families were from the area they knew a lot of information about the museums and other tourist attractions.

The Northridge family of Potomac took their player, Danny Stienstra, a rising junior from San Jose State University, on a White House tour for Stienstra's first visit to D.C. "We love to show these out of towners what a beautiful place the D.C. area is, especially when it is their first time seeing the monuments," said Mike Northridge. This is their second summer hosting Stienstra and their fourth summer hosting a Big Train player.

Along with the Northridges, Jami and Tom Deise have also been hosting players for multiple summers. After moving to Potomac in 2000, they took their son, Alex, to Big Train games each summer. They started hosting players six summers ago because of Alex's interest in baseball. Now, Jami Deise is the host family coordinator along with a co-coordinator, Joyce Semmes. Deise is hosting rising seniors Eli Boike of Michigan State University for the third time and Ryan Mulligan from St. Mary's College of California for the second time. The



Rebecca Crowley greets Jordan King (middle) and Jarrod Parks (right) after their game at Shirley Povich Field to congratulate them on a win and talk about how they played that night.

Deise's can still be found cheering on their players in the stands of Shirley Povich field all these years later.

MOST HOST PARENTS say that their daily life has not changed dramatically. Food consumption, though, is another story.

"The biggest thing to realize is that the players are 19- or 20-year-old young men," said Northridge. "We expected hardy appetites, a busy laundry room so they can wash their uniform, and afternoon naps. But it feels like summer when we have the Big Train players in the house," said Northridge.

"The boys are self-sufficient; if they need rides they work that out among themselves," said Deise. "However, I always try to make sure there is food in the house so they can have people come over after a game and hang out."

They also form a bond with the host families themselves. The Northridge's daughter, Rachel, a rising junior at James Madison University, flew west to California during the school year to visit Stienstra and watch him play baseball at San Jose State. Steve Domecus, a rising senior at Virginia Tech University, has also formed a close relationship with his host family, especially with his host father, Frank Bond.

"This is my second summer living with [the Bonds]," he said "I absolutely love it. I consider them my family. Frank will come down to Virginia Tech and stay the weekend with me; he will take me out to dinner and make sure I have anything I need. Since I am from California, he is my East Coast family."

It is very easy and rewarding to give these players a home for the summer of 2010. Families can e-mail faninfo@bigtrain.org if they would like to volunteer to become a host family. Players are mostly assigned randomly to houses with some exceptions based on whether the player has a car and or if a player has allergies to any family pets.



The Northridge family took Danny Steinstra (far left) on a tour of the White House during his day off from Big Train.

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Time I May Have



By KENNETH B. LOURIE

Tick, tick, tick, tick. If I allow myself to think about it (and as a cancer patient with an abbreviated life expectancy, it is something to think about, believe me), I might go crazy. When exactly did the life-expectancy-not-what-it's-supposed-to-be-clock start ticking? Was it the date of my biopsy? The date of my P.E.T. Scan? The date of my CT Scan? The date of my initial chest x-ray? The date when I first felt pain in my side (Dec. 29)? Or was it the date of my first appointment with my oncologist when all the news that I never thought I'd see in print, was printed, spoken and discussed? Talk about a shoe dropping!

But what's the point really? Other than wondering if this day, this weekend, this dinner out, will be the last that I'll remember or even experience. I'm not a "Bucket List" kind of person so I'm not making a list and checking it twice (heck, I'm not making a list at all).

But when reality creeps in (and it's impossible for it not to), despite the fact that I have been asymptomatic and my oncologist has described me and my minimal side effects as "above average," at the end of the day (heck, at the beginning of the day, too), I am still a stage IV lung cancer patient. At some point, something is going to hit the fan. And when it does, that fan is going to break, big time (metaphorically speaking; although, you have to know, at this point of my diagnosis/life, I have very little patience for electronic devices).

So do I live and let live or do I live like there's no tomorrow when there actually might not be?

If I live like there's no tomorrow, then aren't I sort of assuming that I'm not going to improve and that there really won't be anymore tomorrows? And if that is indeed my attitude, isn't that kind of a self-fulfilling prophesy? I don't want to live like there's no tomorrow. I want to live normally, like there are plenty of tomorrows, plenty of next weekends, plenty of next years. Somehow, I need – and want – to be positive about this very negative situation, and yet be honest about my present and realistic about my future. (And I thought selling newspaper advertising in Washington in August was difficult.)

But how do I manage to serve two masters like that? Denial certainly works. Naivete can play a role. Delusions of not-so-grandeur could help.

But that's no way to live. Pretending that all is well when you are not. Nor is trying to determine when the semi exact start date of your official cancer appearance was, then calculating backwards and now forwards to project and/or predict when your life expectancy might begin to feel the effects of your underlying disease and then act accordingly, whatever that may be.

Who am I kidding? Other than giving myself some mental gymnastics to perform, why do I need to know? (I'll know soon enough, I'm sure.)

What will be, will be. But sometimes, I can't help myself. When I lie in bed, awake, in the middle of the night, with no one to talk to, it's difficult to block out this new math, especially when you consider that I'm pretty good in math. I guess I now know what the point was of learning it back in 10th grade. Little did I know how important it would all become.

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

SPORTS

Amateur Golf Tournament

This weekend the Montgomery County Revenue Authority (MCRA) will host its fifth annual Montgomery County Amateur Golf Tournament. The Montgomery County Amateur Golf Tournament is a handicapped, stroke play event, open to the public and to players of all ability levels. For this two-day event, players are divided up into different

SPORTS BRIEFS

divisions including: Senior Men's and Ladies Division, Women's Division, Men's Division and Junior Boys and Girls Division. At the conclusion of the two-day event the gross and net champions of each division will be awarded a MCRA Proshop gift certificate.

The senior men's and women's division (ages 50 and older), women's division (ages 18-49), and junior boys' and girls division (ages 17-and-under) will take place beginning Aug. 1 at Laytonsville Golf Course. The men's division (ages 49 and under) will be held at Northwest Golf Course.

The tournament, which is limited to the first 120 players per golf course, has a \$130 entrance fee and includes a cart,

green fees, lunch for both days and prizes. To register for the Laytonsville Golf Course, call 301-948-5288. To register for the Northwest Golf Course, call 301-598-6100.

Big Train Playoffs

With a 9-1 win over the Rockville Express Sunday night, the Bethesda Big Train clinched the Cal Ripken Senior College Baseball League (CRSCBL) regular season championship, finishing the season with a 31-10 record.

As a team, the Big Train had a team batting average over .300 and had four players hit .340 or higher. Leading the charge were Eli Boike (.374), Jarrod Parks (.367), and Luke Adkins (.366). The pitching staff was equally impressive, finishing with a collective ERA of 2.75.

The Big Train begins the double elimination CRSCBL playoffs Wednesday July 29, after the Almanac's deadline, with a home game at 7:30 p.m. against an opponent yet to be determined. For more information, check out the team's Web site at www.bigtrain.org or call 301-983-1006.

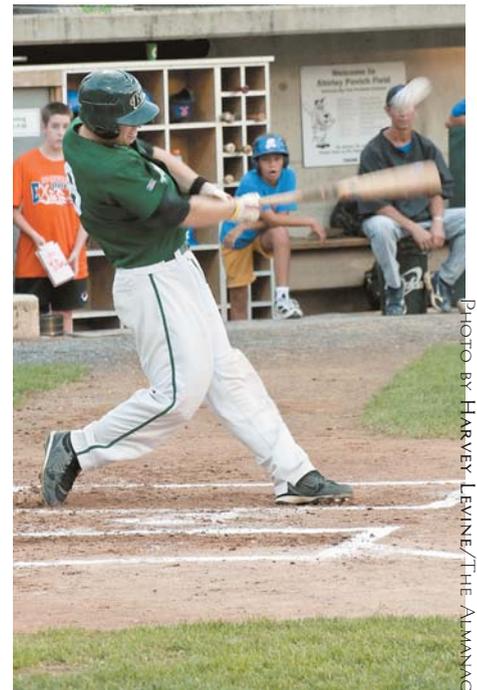


PHOTO BY HARVEY LEVINE/THE ALMANAC

Jarrod Parks and the Bethesda Big Train begin the CRSCBL playoffs Wednesday night, after the Almanac's deadline, as the No. 1 seed.



Marissa is a 2-year-old female Shepherd mix. Already spayed, she's a beautiful, trim girl and smart. She's active and can jump straight up about 3-4 feet from a stand so she would probably be good at Frisbee or fetch. Marissa would benefit from being an only dog with a Shepherd-experienced adult owner.

PETS OF THE WEEK



Partnership for Animal Welfare (PAW) is an all-volunteer, not-for-profit group. To adopt an animal, volunteer or make a tax-deductible donation, visit www.paw-rescue.org, call 301-572-4729 or write to PAW, P.O. Box 1074, Greenbelt, MD 20768.

Panda is a 4-year-old female Border Collie mix. Already spayed, Panda is cute and has some mannerisms of her Border Collie parent. She's sweet-tempered, gets along with dogs and likes kind people. She would like an adoption home with a buddy dog and nice people who would cherish this great girl.

'Change You Can Believe In'



The Montgomery County Young Republican Club presented the Rockville Pregnancy Center with nearly \$600 from its recent "Change You Can Believe In" baby bottle drive, to support the local community organization that provides support to women faced with an unintended pregnancy. Michael Gibble (left), president of the Montgomery County Young Republicans; Lissa Allen (middle), Rockville Pregnancy Center; Derrick LaRosa (right), executive vice president of the Montgomery County Young Republicans.

PEOPLE NOTES

Julie Cheng, a junior at Richard Montgomery High School, was named Youth Entrepreneur of the Year for the Greater Washington Region by Ernst & Young and Junior Achievement of the National Capital Area. Julie, who is 17, was honored for founding Create with Care, a non-profit organization that teaches youth to create friendship bracelets, origami, and other ornaments and donates its crafts to children undergoing treatment in local hospitals.

Air Force Airman Jonathan C. Meade graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. He is the son of Peggy and Clifford Meade of Pleasant Meadow Drive, North Potomac. Meade is a 2006 graduate of Quince Orchard High School, Gaithersburg.

Natalie S. Lopez-Barnard has graduated from the Army ROTC (Reserve Officer Training Corps) Leader's Training Course at Fort Knox, Ky. She is the daughter of Roberto Lopez-Aparicio and Bonnie G. Barnard-Lopez of S. Chelsea Lane, Bethesda. The cadet is a 2006 graduate of the Connelly School of the Holy Child, Potomac.



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