

Potomac ALMANAC

Smoochie:
One Expensive
Rescue Dog
PET CONNECTION, PAGE 4

Grand Slam
Champion
Teaches
NEWS, PAGE 3

Susan Pereles and
Steve Kirstein dis-
play the Autism
Speaks Race t-shirt.
The annual fund-
raiser will be held
July 4 starting at
the Potomac Library.



Raising Awareness And Research Funds

NEWS, PAGE 3

Nats Select Churchill's
Fanaroff in 50th Round

SPORTS, PAGE 11

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 6-24-10



PHOTO BY SUSAN BELFORD / THE ALMANAC
CALENDAR, PAGE 6 ♦ SPORTS, PAGE 11 ♦ CLASSIFIED, PAGE 10

Teens Allocate \$85,000 to Nonprofits

One hundred local teens just completed this year's grant cycle with the Partnership for Jewish Life and Learning's Jewish Youth Philanthropy (JYPI) Program. The JYPI program provides the opportunity for teens to engage in the grant-making process and to become active community leaders, empowered citizens and responsible Jewish adults.

Included in the group of teens were 16 Potomac students — Alison Kraner, CESJDS, B'nai Tzedek; Allison Greenberg, Bullis, Washington Hebrew; Ari Charnoff, Melvin J. Berman, Beth Shalom; Ayal Subar, CESJDS, Beth Shalom; Jesse Zweben, Hebrew Academy, Beth Shalom; Lindsay Abrams, McLean School, B'nai Tzedek; Alec Fink, Hoover MS, Washington Hebrew; Casey Youngentob, Green Acres, Washington Hebrew; Devin Yolles, CESJDS, Shaare Torah; Samantha Wiener, CESJDS, Beth Shalom; Gregory Fink, Bullis, Washington Hebrew; Jessica Greenberg, Bullis, Washington Hebrew; Marissa Lewis, Whitman, B'nai Tzedek; Jamie Smith, Bullis, Washington Hebrew; Matthew Wilson, Churchill, Washington Hebrew; Nikki Heimberg, Whitman, Washington Hebrew.

They met with teens from across the Washington, D.C. metro area to learn about the principles of philanthropy, explore the needs of society and then make a group funding decision in response to grant proposals submitted by a variety of local, national and international nonprofits — both in and out of the organized Jewish community.

Visit www.pjll.org for a full list of the 2010 JYPI grantees, and contact Leah Siskin at lsiskin@pjll.org for information about the program.

Potomac Library Changes

Effective Tuesday, July 6, the Potomac Library will institute new hours brought about by cuts to the FY2011 Operating budget. The new hours will be:

Monday, Tuesday, 1 – 8 p.m., Wednesday, Thursday, 10 a.m. – 8 p.m., Friday, Saturday, 10 a.m. – 6 p.m.

The following changes in policies and fees will also take effect July 6:

- ❖ The number of holds a customer can place will be limited to 15 (currently 35) per library card. This includes Interlibrary Loan requests.

- ❖ Library accounts of customers who owe more than \$25 (currently \$15) will be blocked; customers will not be able to place holds, check out items or renew items.

- ❖ A \$2 replacement fee for lost or stolen library cards has been reinstated.

Britto Appointed New House Delegate

The Montgomery County Democratic Central Committee named Karen Britto, of Chevy Chase, to fill the District 16 House of Delegates seat for the remainder of the current term after the resignation of Bill Bronrott. Britto stated in a press release that she will not run for any public office in the September 2010 primary election. Britto's name is now forwarded to the Governor who will appoint her to the seat. Britto said she would donate her salary to the Committee's charitable organization, the Serving our Communities Committee.

Britto is manager of Federal Affairs for DTE Energy in Washington, D.C. She lobbies and analyzes federal issues in the areas of interest to DTE. Previously she was with the National Association of State Development Agencies and the National Conference of State Legislatures. Britto received a Bachelor of Arts degree from Villanova University and a Master of Arts degree from Howard University. She is the first African-American Woman to serve in the General Assembly from Montgomery County. She has been chair of the Central Committee since 2001 and will continue in that position at least through the Democratic Party's election of members at the September primary. She may be reached at 301-718-0976.

NEWS



Bottom, from left: Noa Steiner, Jenna Schissler, Hannah Devine, Hope Harrison, and Melanie Menditch. Top, from left: Maia Grieve, Sari Postal and Mollie Milchberg.

Fifth Graders Create 'Green' Sculpture

BY SUSAN BELFORD
THE ALMANAC

During lunch at the McLean School, 5th grader Noa Steiner noted that the caps from their water bottles are not recyclable. She had learned that if bottle caps are recycled, they will cause damage to the machines. Noa and her friends, Maia Grieve, Hannah Devine, Mollie Milchberg, Hope Harrison, Jenna Schissler, and Sari Postal decided they would look for a creative solution. Their first project was to create necklaces and bracelets from the bottle tops, but that was not enough for them.

The girls convened at Jenna Schissler's home and resolved to create a bottle cap sculpture of the McLean School mascot — the Mustang. They began collecting bottle tops from McLean students and their families. Many students became involved in the collection — and even though they were aiming to amass 500 bottle caps, they ended up collecting 900 in three months.

Their next mission was to create a drawing of the Mustang. Hannah Devine, Hope Harrison and Sari Postal drew the Mustang, while the other girls sorted

out the bottle caps. Next, they were attached and painted. Grocery bags were recycled as the mane and the tail.

This original work of art was presented to the school at a school-wide assembly where the girls were honored for their creativity and environmental awareness.

The McLean School, located on Lochinver Lane in Potomac, has placed an emphasis on "Going Green." This year, the school declared a "green week" to help celebrate Earth Week. Activities consisted of black-out days, paperless days, and the collection of 200 pounds of trash from the areas skirting the McLean campus. The school also ceased the use of paper cups in the faculty lounge and used the school website and e-mail instead of paper to distribute curriculum, the school handbook, directory and weekly newsletters. The SummerEdge class Recycled Art used only products made from recyclables. In addition, a denim drive was held for Habitat for Humanity. Recycling of paper, bottles, cell phones, printer and copier ink cartridges is promoted throughout the school. Bake sales were also held to benefit the Chesapeake Bay Foundation.

BULLETIN BOARD

To submit an item for the Civic Calendar, e-mail almanac@connectionnewspapers.com. Deadline is Thursday at noon two weeks prior to the event. For questions, call 703-778-9412.

ONGOING

Touch a child's heart by becoming a foster or adoptive parent for Montgomery County children. Montgomery County's Child Welfare Services is seeking individuals and families who can open their homes and hearts to teenagers, teenage parents and their children, children with special needs and sibling groups. There are currently more than 500 children living in foster care homes in Montgomery County, and there is an ongoing need for homes

for these children. Call 240-777-1664 or go to www.montgomerycountymd.gov/kidsneedyou.

THURSDAY/JUNE 27

7th Annual "Good Ol' Fashioned Family Picnic." To support Del. Kathleen Dumais, District 15, from 1 to 4 p.m. at High Point Farm in Clarksburg, Md. \$30 per person; \$45 per couple; Children free. Playground, moon bounce, soccer, volleyball & sack races. Call Donna Van Scoy or Chris Wright at 301-610-0110.

THURSDAY/JULY 1

Pain Connection Chronic Pain Support Group. 1:30-3 p.m. At

12320 Parklawn Drive, Rockville (in the Jewish Council of Aging and Nonprofit Village building). 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. Contact: 301-231-0008 or www.painconnection.org.

TUESDAY/JULY 6

Grief and Healing. 6:30-8 p.m. Montgomery Hospice Drop-In Discussion. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. At Montgomery Hospice, 1355 Piccard Dr., Rockville. Registration

SEE BULLETIN BOARD, PAGE 9

WWW.CONNECTIONNEWSPAPERS.COM

Autism Speaks 5K Run Will Be Held July 4

Event raises awareness and money.

BY SUSAN BELFORD
THE ALMANAC

When Susan Pereles learned that her 2-year-old nephew had been diagnosed with autism, she literally raced into action. She initiated a 5K charity race and a 1 mile walk to increase autism awareness and raise money for global biomedical research on causes, prevention, treatment and cures for autism. In this first effort, they raised \$100,000 for their cause.

This year, as they celebrate the 10th anniversary of the race, they expect to raise more than \$250,000. The 2010 Autism Speaks 5K Run is in memory of the race's first announcer, Chip Shooshan,

On Sunday, July 4, more than two thousand racers and 600 walkers will gather at the Potomac Library to run and walk through Potomac.

"This is a wonderful family and



Susan Pereles initiated the race; Steve Kirstein, one of the owners of BOWA, the presenting sponsor, suggested the "Run Anywhere" concept.

community event," said Pereles. "Entire families, including children, grandparents, aunts and uncles meet before 8 a.m. to start their July 4 family events. Almost every family in the U.S. is touched in some way by autism. Participating in the race or volunteering to help with the event and raising both awareness and funds is a wonderful way to make a difference and bring an end to autism."

A NEW CONCEPT, entitled "Run

Anywhere" was introduced this year by Steve Kirstein. He had the idea because many race invitees told him they would be out of town on vacation. Kirstein suggested that people could still sign up for the race, receive the attractive blue race tee shirt and "Run Anywhere."

Kirstein is one of the owners of BOWA, the presenting sponsor of the race. BOWA has been supporting the race since its inception. Kirstein and his family are person-



T-shirt worn by runners and walkers in the AutismSpeaks 5K.

ally affected by autism because their 12-year-old son is autistic. "Rich is doing very well in school, but autism is a life issue — and life tends to be challenging for autistic children and adults."

Autism is a developmental disorder that usually shows up in the first three years of a child's life. The disorder is characterized by difficulties with social interactions and communication, and often by repetitive behavior and lack of response to sensory activities. Fam-

Details

Autism Speaks 10th Annual 5K Run-1 Mile Walk
When: Sunday July 4, event day registration available
Where: Potomac Library at the intersection of River and Falls Roads in Potomac.
♦ 7:30 a.m. Pre-race warm-up (with professional trainer Fred Foster)
♦ 8 a.m. 5K road race
♦ 8:05 a.m. 1 mile walk
Registration Information: (online registration will close at midnight June 30)
Entry fee for 5K run or 1 mile walk: \$30
Packet Pick-Up and Late Registration:
♦ July 2, at Potomac River Running Store, Rockville Town Center, 115 Gibbs St, 4-8 p.m. \$35
♦ July 3, Potomac United Methodist Church, Corner of Falls Rd and South Glen Rd, 3-6 p.m., \$35
♦ July 4 (at Potomac Library) \$40
Fee for children ages 14 and under: \$15 at all times
AutismSpeaks5K@autismspeaks.org

ily income, education and lifestyle do not seem to affect the risk of autism. Improved diagnosis and environmental influences are two reasons often considered to explain the increasing prevalence of autism, but the real cause is unknown.

VOLUNTEERS ARE NEEDED to help the day of the race as well as

SEE REGISTER, PAGE 8

Grand Slam Champion Teaches at Potomac Tennis Club

BY SUSAN BELFORD
THE ALMANAC

Zina Garrison battled Chris Evert, Monica Seles, Steffi Graf and Martina Navratilova for championships at Wimbledon, the French Open and the Australian Open — but her most valued trophy is her Olympic Gold Medal.

"I truly cherish the opportunity to compete for the U.S. in the Olympics. Playing for one's country is the most amazing and special experience of my life," she said.

Now a local resident, Garrison currently teaches at Potomac Tennis Club.

The Houston native began playing tennis at the age of 10. Through dedication and hard work, she won the national girls' 18s title four years later. She progressed quickly and, in 1981, won both the Wimbledon and U.S. Open junior titles. Garrison was ranked number one Junior in the world at age 17. She turned professional in 1982 and skipped her high school graduation to compete in the French Open, where she reached the quarterfinals. In her 30-year career, she has won 14 singles, 21 doubles and three Grand-Slam mixed doubles championships. She was runner-up to Martina Navratilova at the 1990 Wimbledon Championship and

defeated Chris Evert in the quarter-finals of the U.S. Open — the competition was the final Grand Slam event of Evert's career. Garrison ultimately attained the number four ranking in the world.

HOWEVER, the African-American star felt the pressure of competition and of being labeled "the next Althea Gibson." She began suffering from bulimia when she was 19, following the death of her mother. "I had never been comfortable with my body image," she said. "I played the Family Cup Championship at Amelia Island on lettuce and broccoli." She finally conquered the eating disorder through "lots and lots of therapy. I can't imagine how I could play professional tennis without the proper nutrition."

Garrison's most cherished memories are playing tennis for the U.S. Olympic team as well as captaining the U.S. Olympic teams. In the 1988 Olympic Games in Seoul, she partnered with Pam Shriver to win the Gold Medal in Women's Doubles. She also won a bronze medal in Women's Singles. "These medals mean more to me than any of my other trophies," Garrison said. "Playing for my country is more important than playing for oneself. It is such a wonderful



Zina Garrison, right, and Potomac Tennis Club student Fiona Carson

experience." She shared this message with Venus and Serena Williams when she captained the 2008 Olympic team. The Williams sisters won a gold medal in Women's Doubles.

IN ADDITION to captaining the Olympic Team, Garrison served as captain for the U.S. Federation Cup Team. This role involved coaching the team and giving on-court advice. She has also served on the

United States President's Council on Physical Fitness and Sports.

Her 90-minute tennis and fitness program at Potomac Tennis involves more than the physical aspects of tennis. With her students, she concentrates on the cerebral part of tennis. "I teach them techniques to deal with their jobs, kids and lives," said Garrison. She likes to emphasize that they can always hit "one more ball," that "[they] can do it!" When asked about her most important tip for winning matches, she said, "Analyzing and visualizing. The player always has to be thinking about how to beat the opponent — where are the weaknesses and how can I break them down to beat the opponent."

Fiona Carson, one of her students, said, "Zina is the most amazing, insightful tennis instructor I have ever had. She empowers me."

Garrison is also currently coaching several teenagers who are playing on the USTA Junior circuit.

The best and worst parts of the professional tennis circuit? The constant travel was very difficult, as was finding sponsors. Meeting Queen Elizabeth, Lady Diana, Bill

SEE CHAMPION, PAGE 5

THE PET CONNECTION

Smoochie — One Expensive Rescue Dog

BY CAROLE DELL
THE ALMANAC

Some big sloppy kisses a very pretty huskey/shelty mix dog a new name and a second chance at life thanks to the caring and diligence of one very involved animal rescue volunteer. Her name is Lois Cohen and the dog's name is Smoochie.

Having been a part of animal rescue for some years now, I have experienced both the highs and lows of such involvement and Smoochie's story made me think of the selflessness of the many men and women who give so much of their time to a seemingly endless circle of struggle and success, sadness and salvation. This dog's story smacks of success on one hand, and on the other: the frustration of unsettling expenses when a rescue goes awry.

A pet rescuer's world is an ongoing grind in a race against time. It starts with some caring person, in some obscure shelter, in an obscure town, in a state where dogs are counted in the dozens and die in the thousands.

It is about dedicated volunteers bound together by hope, working endless hours in order to snatch pets, which have been dealt the hard end of the deck, from shelters where they, most likely, are destined to die.

TAKE COHEN for instance. She is a tireless volunteer for one of Potomac's local organizations, PetConnect Rescue, and is also a popular Montgomery County schoolteacher in her other life. Cohen logs so many rescue hours

and brings home so many dogs that her Potomac house often rivals the local shelters in its ability to foster and adopt out dogs.

Cohen and the other volunteers begin and end each day with an emotional face-to-face never-ending download of Internet pleadings for pets destined to be PTS (put-to-sleep). Dogs are shown cowering, with sad-eyed stares, from photos accompanied by heart-wrenching text including the following:

Lincoln Co, NC: Gassing shelter - LOTS of adorable small dogs, Beagles, Collie mixes, MANY more. Please.

Chatsworth, GA: BEGGING! PTS DEADLINE TOMORROW!!! Many TINY DOGS on PTS list for TOMORROW, Thur 6/10 in GA!! Transport to northeast and midwest available. Please Help.

They all deserve a reprieve. There are no bad dogs and no bad cats, only bad situations. Economic hardship has placed a huge burden on already over-burdened families. When some can't keep the dog, they turn to shelters for help that is hard to come by and think the pet will get a better deal. But, that's not the deal and it can be an ugly picture without the help of volunteer rescue organizations such as PetConnect.

Take Smoochie, for example. She landed in a southern Virginia shelter after a difficult life. The staff saw her potential and posted her on the Internet where Cohen couldn't resist her pretty face. Once in Cohen's care, Smoochie gave so many kisses and had such a loving nature, the name just



Smoochie

stuck. This little dog lucked into a better life and she had Cohen at the helm.

BUT, IT IS NOT always so easy and the next turn of events cost local PetConnect Rescue thousands of dollars and Cohen many days of worry.

The dog had already been spayed when they put her on the volunteer transport to the area.

But Smoochie did not cooperate after she was placed in her foster home to await recovery and adoption. She reached around that familiar big Elizabethan collar that all pet owners have coped with and ripped out her stitches, exposing intestines and puncturing them. Death hovered.

Blood transfusions, IVs, and a surgeon removing 20 inches of her intestines added up to saving her

life but setting the organization back financially.

But, after the dog is adopted, what is left behind is the bill. PetConnect will never abandon a sick pet it rescues. As a result, veterinarian bills become one of the major financial factors these organizations must face when providing unexpected medical care. Such an emergency could cost a small volunteer organization, operating mostly through fundraising and donations, \$5,000 to \$10,000 in a single month.

Smoochie is now ready for a new home. Her current foster person, Hal Horenburg, of Potomac, said that she is in great health. She weighs 38 pounds, is housebroken, micro-chipped and has all her shots. "Considering what she has gone through medically, she is remarkable, very sweet and cooperative," he said. Smoochie is good with children and dogs and will be a great family pet with her lovely disposition, he added.

She is now listed under her new name: "Shauna" on PetConnect's website, and awaiting adoption. Once that happens, she will be another success story for that vast network of tireless volunteers who, one dog at a time, are striving to save the whole darn pack. "The Smooch" is a survivor; it was meant to be," said Cohen. "But, our next challenge is that enormous vet bill."

To help defray Smoochie's vet bills please go to www.petconnectrescue.org.

The Smooch/Shalna can be seen at www.petconnectrescue.org.

PetConnect Rescue is a 501(C)(3) organization dedicated to placing dogs and cats in compatible and permanent homes.

To become a volunteer please also check the website for more information.

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.

PETS OF THE WEEK



Mr. Bo is a 3-year-old neutered Shepherd/Hound mix. At 57 pounds, he is the type of dog that could be a man's buddy or a partner for a lady jogger, among other things. He's active, intelligent and loves to play. Mr. Bo gets a bit antsy at adoption shows, but anyone interested in a smart, loyal, happy companion should take a walk with him and get to know Bo.



Princess is a 4-year-old spayed Shepherd mix. At 60 pounds, she has a beautiful face and a sweet, gentle soul to match. She's great in the house, gets along with cats and other dogs and has lived with children. Princess would love to go for walks or snuggle up beside a kind adopter soon and share her love.



Lily is a 5-year-old spayed Spaniel/Lab mix. At 40 pounds, She is one of those calm, gentle souls that begs to be a cherished part of a household. She likes walks, belly scratches and playing with toys or other dogs. Lily is the perfect companion for a loving family with no cats and a great first dog for an adopter.



Basil is a 1-year-old neutered Lab mix. At 30 pounds, he has good looks and cute bat ears. He came from rough circumstances to PAW rescue and is now searching for a new home. He's a sweet pup who likes to chase balls, run and play. Basil is the perfect dog for an active family who will help this boy blossom into a great adult.



Arlo is an 8-year-old neutered Beagle. At 31 pounds, he is a wonderful ambassador for middle aged beagles, with his gregarious and laid back disposition. Past the young dog craziness, he's still active but also enjoys the comforts of a nice dog bed. Cheerful Arlo would love an adopter who would spoil him with love and see to his health needs during the second half of his life.

PEOPLE

'Amadeus' Earns Cappie As Best Play

Walt Whitman High took one of the top honors in the 11th annual Cappies Awards program on June 13 at The Kennedy Center in Washington, D.C., winning Best Play for its production of "Amadeus."

Senior Emma Rackstraw who received a Cappie as best female vocalist, reacted at the ceremony: "I'm really surprised because I'm the only nominee from a play. But I sang opera — the "Queen of the Night" aria from Mozart's 'The Magic Flute.' It's so funny that people liked it; I didn't expect this big a response, but I'm excited and shaking."

For senior Sammy Zeisel, who received a Cappie for best supporting actor in a play, it was his third nomination and first win. "It's unbelievable. I love my cast so much, and I'm just happy I could win this with this show, because the cast is my favorite. It's a very special script, so it's an honor to say those words. Peter Shaffer wrote a great play."

Reacting to Whitman High School's winning for best play, senior Noah Gavil said: "It feels



Best Female Vocalist, Emma Rackstraw, Walt Whitman High School, "Amadeus."



Best Supporting Actor in a Play, Sammy Zeisel, Walt Whitman High School, "Amadeus."

great. We're graduating tomorrow, and it was one of the most incredible things I've ever done on stage."

Senior Sarah Blush added: "Each member of the cast was so dedicated, and so much work went into it."

Zeisel described "Amadeus," as "such a complex play, and the

smartest group of students — and a fantastic director — put their all into it."

Cappies is a high school critics and awards program involving more than 50 schools in the Virginia, Maryland and D.C. areas.

— BONNIE HOBBS

Champion Teacher

FROM PAGE 3



Zina Garrison

and Hillary Clinton and both Bush presidents and their wives, visiting the White House, and playing the best players in the world were the high points. She is still friendly with Billie Jean King, who was always her mentor and guided her as she took over the U.S. Federation Cup leadership role.

In 1993, Garrison and her coach, John Wilkerson, founded the Zina Garrison Academy with her prize money from the Family Circle Cup. Wilkerson was one of the most influential people in Garrison's life. He offered a free tennis program in inner-city Houston. Ten-year-old Garrison joined it after playing tennis a few times with her brother's girlfriend. Wilkerson's program, teaching and personal guidance kept her engaged in tennis, where she was surrounded by positive adult mentors. When she turned pro, Wilkerson became her full-time coach. Today, Wilkerson is the director of the Zina Garrison Academy, which offers life skills as well as ten-

nis programs for inner-city children in Houston.

This summer, Garrison and Olympic track star Jackie Joiner-Kersey have teamed up to offer a "Girls' Summer Clinic" called "Beyond the Gold." The clinic will focus on life skills, speed and conditioning for girls aged 12 to 18 years old. It will consist of athletic training with drills to improve agility, speed, strength, cardiovascular endurance, mental outlook and flexibility. They will also develop team building skills, learn proper nutrition, conflict and resolution skills, injury prevention and mental toughness. For more information, go to www.beyond-the-gold.com or call 301-535-4653.

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CALENDAR

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. Call 703-778-9412.

WEDNESDAY/JUNE 23

Travis Sullivan's Björkestra. 7 p.m. Free Summer Outdoor Concert Series. Features vocalist Shayna Steele in a genre bending jazz orchestra that interprets the music of Bjork, one of the most influential pop artists of the past 20 years. At Gudelsky Gazebo at the Music Center at Strathmore, 10701 Rockville Pike, 5301 Tuckerman Lane, Bethesda. Call 301-581-5100 or visit www.strathmore.org

"The Gift to Stalin." Film screening and discussion by filmmakers. 7 p.m. A nine-member delegation of film and media professionals from Kazakhstan will attend the event. At the Magen David Sephardic Congregation, 11215 Woodglan Drive, Rockville. Contact 301-770-6818/magendavid@mdsdcbe.org.

JUNE 23-AUG. 8

"How I Became a Pirate." At Imagination Stage. Performances on Saturdays and Sundays at 1:30 and 4 p.m.; Tuesday-Friday at 10:30 a.m. Tickets from \$10-\$21. Visit <http://www.imaginationstage.org>.

THURSDAY/JUNE 24

Luck Be a Lady. 8 p.m. Featuring Emily Skinner and Julia Murney with host Jim Caruso. Tickets: \$25 (Strathmore Stars \$22.50). At the Music Center at Strathmore, Concert Hall, 5301 Tuckerman Lane, North Bethesda. Call 301-581-5100 or visit www.strathmore.org

Slow Blues and Swing Dance. 8:15 to 11:30 p.m. Admission is \$8. DJ Mike Marcotte and guests. Beginner workshop from 8:15 to 9 p.m. Dancing from 9 to 11:30 p.m. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: info@capitalblues.org.

Commodores Jazz Ensemble Performs. 7:30 p.m. Free. At the Bumper Car Pavilion, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 202-433-2525, or visit www.navyband.navy.mil.

Firefly Fantasia. 6:30-9 p.m. Learn about fireflies and how you can attract them to your backyard. As night falls, we'll enjoy the natural light show, roast marshmallows and make s'mores around the campfire. Bring a flashlight and meet at the campfire ring. \$6 per person. All ages. At Rockwood Manor Park, 11001 MacArthur Blvd., Potomac. Visit parkpass.org to register.

FRIDAY/JUNE 25

Art & Soul Charity Auction. 6 p.m. Sponsored by the National Center for Children and Families. Featured Art & Soul artist, Sandi Ritchie Miller, Theory of Everything. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Tickets are \$100 per person. Call 301-365-4480, ext. 114.

Swing Dance. 8 p.m. to midnight. Admission is \$14. Swing Dance with the Boilmaker Jazz Band. Swing lesson with Donna Barker and Mike Marcotte from 8 to 9 p.m. followed by dancing until midnight. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: dbarker@glenechopark.org.

Contra Dance. 7:30 to 11:30 p.m. Admission is \$9. Contra dance lesson from 7:30 to 8:15 p.m. followed by the called dance to live music by Matching Orange with Eric McDonald (mandolin), Eric Eid-Reiner (piano), and Brendan Carey Block (fiddle). The



JUNE 25-27

The fairy princesses don costumes so to pass as men to join training to be "the few, the proud, the princes," in Art-Stream's original musical comedy, "Once Upon a Time Again." This weekend at the Rosborough Theatre, Asbury Methodist Village. www.art-stream.org.

dance is from 8:30 to 11:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: fndcontra@yahoo.com.

Super Fiesta Latina Party. 8:15 to midnight. Admission is \$15. Hosted by Fabio and Jennifer Bonini. Lesson from 8:15 to 9 p.m. for Salsa beginners and up. Dancing from 9 p.m. to midnight. At the Ballroom Annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: Jennifer@ForeverDancing.com

JUNE 25-27

"Last of the Red Hot Lovers." Friday and Saturday at 8 p.m.; Sunday at 2 p.m.; followed by reception honoring Tom Farquhar, Bullis Head of School. Adults are \$20; seniors/students are \$18. Presented by Potomac Theatre Company. At The Bullis School, Blair Family Center for the Arts, 10601 Falls Road, Potomac. For reservations, call 301-299-8571.

"A Three Ring Fiasco" and "Once Upon a Time Again." Two original musical comedies featuring actors with and without disabilities. Cost is \$10. June 25-27 (Friday at 7:30 p.m.; Saturday and Sunday at 2:30 p.m.) Many Potomac residents will be participating. By ArtStream OnStage Inclusive Theatre Companies. At Rosborough Theater, Asbury Methodist Village, 409 Russell Ave., Gaithersburg. Visit www.art-stream.org

SATURDAY/JUNE 26

Buyer Seminar. 11 a.m. to 12:30 p.m. How to Prepare For, Find, and get the Home You Want. At the Cabin John Park Volunteer Fire Station, 8001 River Road, Bethesda. For seminar outlines, see www.HillSlowinski.com or call Hill Slowinski at 301-320-8430.

Red Cross Pet First Aid Class. 9 a.m. to 1 p.m. Using video, lecture, discussion and practice, this course addresses giving temporary care to your dog or cat in an emergency. No animals are permitted in class. Presenter: Lynne Bettinger, certified American Red Cross pet first aid instructor (www.sundownridge.com). Note: There is a \$60 fee, which includes a manual, DVD and Red Cross certificate. Register online and send check, payable to Your Dog's Friend: 11401 S. Glen Rd, Potomac, MD 20854.

Health & Fitness Day. Noon to 3 p.m. Free. Fitness demos by Fitness Express, East West Tae Kwon Do and The Little Gym; health and fitness screenings with assessments by healthcare experts; face-painting; food catered by Chicken Out; sidewalk sales; bike rodeo for grades K-5 from 1-3 p.m.

Children participate in a bike skills course, learn safety tips, and get helmet fittings. Bikes and helmets are provided. At Potomac Place Shopping Center in Potomac Village, intersection of Falls and River Roads (with the Safeway).

Run 4 Children 4-Mile. Fund-raiser for the National Center for Children and Families. Proceeds will enable 100 children to enjoy overnight summer camp experiences. At Carderock Recreation Area on the C&O Canal Towpath. For more information, or to register online: <http://www.mc-coop.org/20100626/> or call Heidi Coons at 301-365-4480, ext. 114.

English Language Conversation Club. 3-5 p.m. Join in practicing and improving your spoken English with the help of volunteers leading discussions. Drop-in. Registration not required. At the Potomac Library, 10101 Glenholden Drive, Potomac.

Cajun and Waltz Dance. 8:30 p.m. to midnight. Admission \$15. Introductory cajun two-step dance lesson from 7:30-8 p.m. Introductory waltz dance lesson from 8-8:30 p.m. followed by dancing from 8:30 p.m. to midnight to live music by the Magnolia Sisters. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: Dancingbythebayou@verizon.net.

Salsa Social. 8 p.m. to midnight. Admission is \$15. Salsa lesson from 8 to 9 p.m. taught by Keith Givens., Dancing to live music from 9 p.m. to midnight. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: searchernet@comcast.net. Visit www.oohsalsa.com.

JUNE 26-27

Heritage Days at Glen Echo Park. Noon to 4 p.m. As part of Montgomery County's Heritage Days celebration, the Spanish Ballroom will be open to the public and will feature a display of panels telling the story of Glen Echo Park from the late 1800s to 1960, as well as a "Make-Your-Own-Carousel" craft activity for children. Visitors may also enjoy Park tours, an exhibition marking the 50th anniversary of the protests that led to the integration of Glen Echo Park, and rides on the Park's historic Dentzel carousel. Call 301-634-2222 or visit www.glenechopark.org.

SUNDAY/JUNE 27

Open Door Reading Series: Tania James and Elisabeth Murawski. 2 p.m. Novelist Tania James reads from *Atlas of Unknowns*, and poet Elisabeth Murawski reads from *Zorba's Daughter*. Free. At The Writer's Center,



JUNE 25-27

The Musical, "13." Nightly at 7:30 p.m. and 2 p.m. on Saturday and Sunday. Presented by the Musical Theater Center. Tickets are \$20/adults; \$18/children/students/seniors. At the F. Scott Fitzgerald Theatre, 837-D Rockville Pike, Rockville. Tickets can be purchased by calling the F. Scott Fitzgerald Theatre box office at 240-314-8690 or online at TicketLeap.com.

4508 Walsh Street, Bethesda. Call 301-654-8664.

Ballroom Tea Dance. 3 to 6 p.m. Admission is \$12. Join the Hot Society Orchestra of Washington for an afternoon of dancing, featuring music and dances from the 20s, 30s and 40s. Dancers will enjoy foxtrot, two-step, waltz, cha-cha, rumba, swing. Dance lesson at 3 p.m. followed by dancing to live music from 3:30 to 6 p.m. At the Spanish Ballroom of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: dave@hotsociety.net

Contra and Square Dance. 7 to 10:30 p.m. Admission is \$12/nonmembers, \$9/FSGW members. The evening can include square dances, mixers, waltzes and other couple dances. There is a lesson is at 7 p.m., followed by dances with live music from 7:30 to 10:30 p.m. At the Bumper Car Pavilion of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Contact: fsgw.org.

African American Walking Tour. 1 p.m. Free. The City of Rockville will showcase its African American history during a free African American Heritage Walking Tour.

Other activities planned include:
 ♦ American Latvian Museum Summer Solstice Celebration, Saturday, June 26, noon-3 p.m. and Sunday, June 27, noon-4 p.m., 400 Hurley Avenue
 ♦ "The Beall-Dawson House Through Time" Exhibit, Saturday, June 26, and Sunday, June 27, noon-4 p.m., 103 West Montgomery Avenue
 ♦ Lincoln Park Community Day, Saturday, June 26, 10 a.m.-4 p.m., 357 Frederick Avenue
 ♦ Peerless Rockville Women in History Walking Tour, Sunday, June 27, 2 p.m., 29 Courthouse Square
 Visit www.heritagemontgomery.org. For more information about the African American Heritage Walking Tour visit www.rockvillemd.gov/historic/AAHwalkingtour.html or contact Robin Ziek, historic planner at 240-314-8236 or rziek@rockvillemd.gov.

JUNE 28-AUG. 6

Summer of Fun. 9 a.m. to 4 p.m. The Clara Barton Community Center, 7425 MacArthur Blvd., in Cabin John is hosting a summer of fun — weekdays, June 28 through Aug. 6. There'll be indoor and outdoor activities for children, including arts and crafts projects (from tie-dye shirts to

jewelry), pizza days (Tuesday and Thursday), and water play on Fridays. The Clara Barton Summer Fun Center is well planned and supervised by a variety of staff members. This is a fun way for kids to spend their days at different sports, music, arts, crafts, and more. Cost is \$240 for all six weeks. Children may come every day or whenever they wish. Remember to pack a lunch. No transportation is provided for the children, but there is a bus stop on MacArthur Blvd. near the Center for Ride-On bus, No. 32), and staff will escort children to the stop and wait with them. Call the Center at 301-229-0010. To register, visit www.montgomerycountymd.gov/rec. Click on the registration link and type in 268842 in the course number box.

WEDNESDAY/JUNE 30

Pistolera. 7 p.m. Free. Pistolera's accordion-driven melodies invite you to a dance party at the Brooklyn-Mexico border. At the Gudelsky Gazebo at the Music Center at Strathmore, 5301 Tuckerman lane, North Bethesda.

THURSDAY/JULY 1

Cajun and Zydeco Dance. 7:30 to 11 p.m. Admission is \$15. Dancing by the Bayou presents a Cajun dance featuring wonderful live music with the Pine Leaf Boys. Cajun dance lesson with Michael and Sharon from 7:30 to 8 p.m. followed by dancing 8 to 11 p.m. At the Bumper Car Pavilion of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: dancingbythebayou@verizon.net.

Independence Blue Dance. 8:15 to 11:30 p.m. Admission is \$8. We'll be rotating DJs and instructors to inspire and challenge you. Beginner workshop runs from 8:15 to 9 p.m. followed by dancing. The lesson gives new dancers important partnering basics. Class is included in the \$8 admission and no partner is necessary. We'll have an action-packed night for music with tunes from a variety of DJs. At the Ballroom annex of Glen Echo Park, 7300 MacArthur Blvd. in Glen Echo. Email: info@capitalblues.org

FINE ARTS

JUNE 25-27

Paintings by Edith Sievers. The Yellow Barn Studio at Glen Echo Park presents works by Edith Sievers. In the Yellow Barn Gallery. 12 p.m. to 5 p.m. Call 301-371-5593 or visit yellowbarnstudio.com.



JUNE 26-27

As part of Montgomery County Heritage Days, the Latvian Museum in Rockville, will present a photography exhibition, *Latvian Landscapes: The Road Less Traveled*. The photographs are the work of Matthew Blong, Foreign Service Officer in the U.S. Department of State, who served in Latvia during 2007 and 2008. More than 37 photographs will be on view, depicting scenes in the capitol city of Riga as well as the countryside in all seasons. Hours for Heritage Days at the Latvian center are Noon - 3 p.m. on Saturday June 26 and noon - 4 p.m. on Sunday June 27. Admission and parking are free. The Museum is located at 400 Hurley Avenue, Rockville.

JULY 2 - JULY 4

Paintings by Arlene Howard. The Yellow Barn Studio, Glen Echo Park's resident painting and drawing studio, presents works by Arlene Howard. In the Yellow Barn Gallery. 12 p.m. to 5 p.m. Call 301-371-5593 or visit yellowbarnstudio.com.

JULY 3 - AUG. 1

"The Silver Speaks: Stories in Wearable Art." The Glen Echo

Park Partnership for Arts and Culture is pleased to present an exhibition of work by Glen Echo Park's newest artist-in-residence, Blair Anderson. In this collection of new works, Anderson depicts both personal themes as well as political, environmental, and women's issues using the craft of silversmithing. Wearable but provocative, both sculpture and jewelry, the titles include, "21 Gun Salute" which incorporates an actual shell casing from a 21 gun salute, and "Oil Spill" depicting the BP disaster. In the Popcorn Gallery. Saturdays & Sundays, 12 p.m. to 6 p.m. An Artist Reception will be held on Saturday, July 3, from 7 p.m. to 10 p.m. Visit glenechopark.org for details.

NOW THROUGH JUNE 27

"Fine, Functional... and Fabulous." The Popcorn Gallery will be aglitter all through June with translucent, brilliant art objects and functional pieces when The Art Glass Center presents "Fine, Functional.... and Fabulous," its annual exhibition at Glen Echo Park. Resident Artists, Studio Artists and Faculty members will display bowls, sculptures, and other fine art and functional art glass pieces produced at the Center, Saturdays and Sundays, noon to 6 p.m. An Artist Reception will be held Saturday, June 12, 3 p.m. Visit artglasscenteratglenecho.org or glenechopark.org.

NOW THROUGH JUNE 29

"I Can't Believe It's Colored Pencil." Works by 25 artists of the Metro Washington D.C. Chapter of the Colored Pencil Society of America. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518. Meet the Artists Reception is Sunday, June 6, from 1:30-3:30 p.m.

NOW THROUGH JULY 3

Plant Portraits. Paintings by Eleftheria (Lilina) Williams. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Call 301-951-9441.

LET'S TALK Real Estate



by **Michael Matese**

NO BOUNDARIES FOR TODAY'S LUXURY HOME

There is a new trend toward magnitude of scale in American luxury home design. The home is expanding its dimensions and surpassing its previous limits. From square footage to refrigerators, new homes are reflecting the contemporary attitude that "bigger is better."

Upscale buyers are acquiring larger tracts of land and homes of epic proportions. Internet sites dedicated to luxury housing note that in parts of Florida, California and the Pacific Northwest, people are buying acres of land and building homes ranging from 10,000 to 30,000 square feet. Architects who are designing these homes say the construction alone can cost up to \$35 million.

What are they doing with all that space? Real estate agents are reporting that clients are requesting huge master bedroom suites with "his and her" bathrooms, cavernous kitchens with multiple cooking stations and oversized Viking appliances, media rooms with huge viewing screens that seat dozens of movie-watching guests, built-in gyms, spa facilities and Olympic-sized swimming pools. Many estates are equipped with separate guest residences and private quarters for live-in servants. Multiple-car garages are commonplace.

The interest in monumental size luxury homes is a trend that reflects the general prosperity of the housing market, and recent boom conditions in the upscale market in particular.

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Head of School Darlene Pierro welcomes alumni at McLean's 10th Anniversary Celebration of the Upper School.



From left: David Conner '08 greets Milan Jones '07 as other alumni Allie Spiegel '06, Rachel Lavine '07, Jamie Graeter '08 return for McLean's 10th Anniversary Celebration of the Upper School.

McLean School of Maryland Marks Upper School's 10 Years



Head of Upper School Josephine Diamond talks about McLean's Upper School at the 10th Anniversary Celebration.

BY SUSAN BELFORD
THE ALMANAC

Success was apparent as 50 alumni from The McLean School of Potomac celebrated the 10th anniversary of the Upper School with trustees, faculty and parents on the afternoon of June 12. Many students had graduated from college, many were working and all remembered their years at the McLean School.

The McLean School of Potomac added the upper grades to their formerly K-9 school

in 2000 and graduated their first Senior class in June 2003.

The McLean School's Head of the School Darlene Pierro spoke on the progress of the McLean School. She noted that it had always been the founder's dream to have an Upper School.

Founded in 1964 by Lenore and Delbert Foster, the school's mission is "to provide a unique environment for learning that will serve the needs and gifts of all kinds of students."

The school is a K-12 independent, co-edu-

cational day school, which provides an education to a broad range of students, including those with learning issues.

Head of the Upper School Josephine Diamond expressed that the Upper School students had made a truly significant difference. They have shaped the high school by serving on committees, helping to make decisions and serve as role models to their younger peers. Many colleges were represented by the alums, including Denison, University of Maryland, Tulane, Dickinson, Cornell, St. Johns and Towson.

SCHOOL NOTES

Montgomery County Public Schools (MCPS) has seven schools on Newsweek's list of the top 100 public high schools in the nation — the most by one district.

The 2010 America's Best High Schools list ranks schools based on their efforts to provide all students access to rigorous classes, such as Advanced Placement (AP) and International Baccalaureate (IB) courses. By having seven schools in the top 100, MCPS breaks its own record of six, set in 2008. Last year, MCPS had four schools in the top 100.

The seven high schools are Richard Montgomery (33), Poolesville (59), Bethesda-Chevy Chase (63), Winston Churchill (75), Thomas Wootton (83), Walt Whitman (85), and Walter Johnson (95). The remaining MCPS high schools all finished in the top 3 percent of all schools in the nation.

Yasmin Salehizadeh, a senior at University of Rochester has been named to the Dean's List for the fall 2009 semester. She is a graduate of Holton Arms School in Bethesda and the daughter of Dr. Ali and Mrs. Firoozeh Salehizadeh.

Ari B. Cohen graduated from Ursinus College with a bachelor of science degree in Spanish and biology, magna cum laude, during commencement exercises on Saturday, May 15, on the college campus. More than 340 students received bachelor's degrees.

A graduate of Winston Churchill High School, Cohen is a resident of Potomac.

Bennett Emerson MacLauchlan graduated from Ursinus College with a bachelor of arts degree in English and a minor in creative writing during commencement exercises on Saturday, May 15, on the college campus. More than 340 students received bachelor's degrees. A graduate of Bullis School, MacLauchlan is the son of Mr. and Mrs. Jeffrey MacLauchlan of North Potomac.

The following students graduated from the University of New Hampshire during Commencement Ceremony held on Saturday, May 22, in Durham NH.

❖ **Eric Michael O'Keefe of Potomac** earned a BS degree in Environmental Conservation Studies, Magna Cum Laude.

❖ **Ian Michael Berry of Potomac** earned a BA degree in English/Journalism.

❖ **Youlan Xu of Potomac** earned a MS degree in Accounting.

The following local residents were awarded bachelor of arts degrees from Connecticut College at the 92nd commencement ceremony on May 23.

❖ **Claire Dufek of Potomac** majored in Hispanic studies and Latin American studies.

❖ **Nathaniel Levy of Potomac** majored in film studies.

North Potomac resident Rebecca Minnick was one of 655 students to graduate from Messiah College on May 15 during the College's 101st annual commencement.

Minnick graduated cum laude with a bachelor's degree in elementary education.

Register for Autism Speaks 5K

FROM PAGE 3

the day before. Volunteers will work with a partner to help with registration, course monitoring, water and food distribution, race set-up and break-down, and directing runners and walkers. "Volunteering to help is fun and an excellent way to give back to the Potomac community," said Pereles. "We need lots of volunteers. It is a very short commitment of time — and will have a real impact on our world."

To volunteer, visit the website AutismSpeaks5K@autismspeaks.org

"Pre-register on-line as soon as possible," said Kirstein. "Entry fees are \$30 if participants register before June 30. After June 30, the fees are \$40. If you are going out of town and pre-register, your race shirt will be mailed, so you can wear it as you 'Run Anywhere!'"

Racers can register on the morning of July 4 at the Potomac Methodist Church, but should plan to arrive by 7

a.m. They may also register in person after June 30 at the Potomac River Running Store from 4-8 in the Rockville Town Center.

After the race, food and drinks will be provided by Potomac Pizza, Giant, Safeway, Whole Foods, Chicken Out and other local merchants. Many businesses are sponsoring runners or teams — or just serving as sponsors. These can be viewed at the website.

"Donations are also welcome as are patrons," said Kirstein. "Several community swim clubs, including Country Glen, Eldwick and Potomac Swim and Tennis are backing teams to run in the event. It has become a real competition."

To register for the Autism Speaks 5K Race and One Mile Walk or to serve as a volunteer, visit the website at AutismSpeaks5K@autismspeaks.org. The only way to solve the mystery of why so many children are autistic is to raise money for research into this debilitating disease.

NEWS



PHOTOS BY HARVEY LEVINE/THE ALMANAC

At the Chamber Mixer

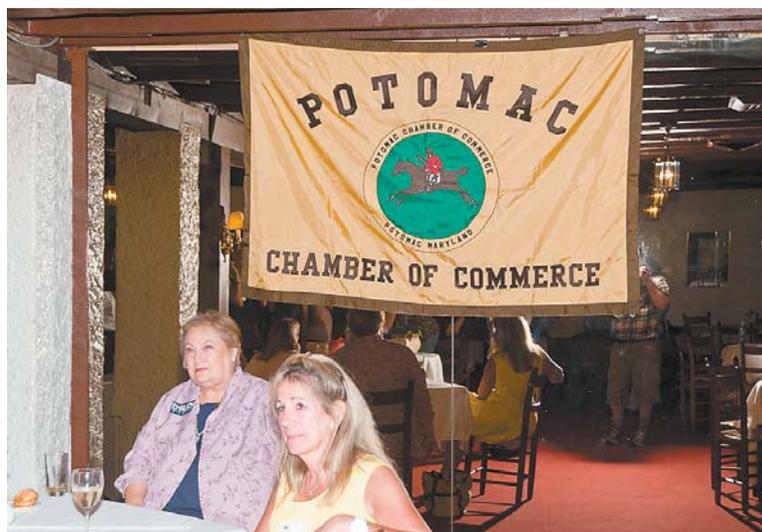
Steve Hull, Adam Greenberg of Potomac Pizza and president of the Potomac Chamber of Commerce, and Burton Goldstein of BG Communications, gather during last Thursday's chamber mixer.



Kristina ("Kitty") McNaughton of Spirit Design is a local artist who specializes in murals, faux finishing, and Calligraphy.



Republican Senate candidate Neil Cohen won one of the door prizes and now must draw the next winner.



Jackie Phillips of the Small Business Coalition for Gov. Ehrlich, and Barbra Johnson, optometrist, sit in front of the Potomac Chamber of Commerce banner.

BULLETIN BOARD

FROM PAGE 2
required. Call 301-921-4400.

TUESDAY/JULY 20

Grief and Dreams. 7 to 8:30 p.m. How Dreams Can Help Us Heal. A one-time workshop to learn about dreams after the death of a loved one. Led by Montgomery Hospice professional counselors. At Montgomery Hospice, 1355 Piccard Dr., Rockville. Free. Registration required: 301-921-4400.
U.S. Senate Candidate Debate. 7

p.m. Free. Sponsored by the Montgomery County Chapter of Americans for Prosperity and the Montgomery County Young Republicans. At the Earle Wood Middle School, 14615 Bauer Drive, Rockville.

TUESDAY/AUG. 3

Grief and Healing. 6:30 to 8 p.m. Montgomery Hospice Drop-In Discussion. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. At Montgomery Hospice, 1355

Piccard Dr., Rockville. Registration required: 301-921-4400.

ONGOING

CANTER-Mid Atlantic to open a **racehorse rehabilitation** program with donations from Delaware Park and the Delaware Thoroughbred Horsemen's Association earmarked to serve Delaware Park trainers and owners. To find an ex-race horse, volunteer, or to make a donation, visit www.canterusa.org/midatlantic.



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Pail in Comparison



By KENNETH B. LOURIE

Recently I wrote a column entitled, "Keeping Up Appearances, Sort Of," about, among other things, my disinterest in "bucketing a list" to be completed over the next interval of time (the specific time yet to be determined), given my rather precarious prognosis. My reasoning was/is, that I want/need to stay true to myself, and that if I were to begin acting abnormally/uncharacteristically – for me, I'd associate that behavior with the underlying cause for its action – the cancer, and thus get stressed and depressed over the whole pursuit. The net effect then being negative, not positive; not helpful. And if I'm positive about anything, it's that I don't need (and certainly don't want) anything negative in my life.

However, a friend, and co-worker – who cares, politely chided me about this particular column's content, encouraging me to keep more of an open mind; not so much about actually making a bucket list, but rather doing more of the things in life that make me happy and focusing in turn on the more positive aspects of them; starting small, she suggested. I listened, smiled and then joked back a reply: "I know. I could make a pail list." She laughed and said, "Sure!" So that's what I'm going to do.

If I've learned anything about myself during this cancer business it is that if I try to take on too much at one time, whether it's reading, writing or arithmetic (life expectancy-type calculations); gathering information online or through books, magazines, etc., attempting to control/predict, understand/arrange my life (what there is left of it), I get overwhelmed and shut down. As a result, I then do less of the responsible, cancer-fighting things (diet, exercise; in general, health and fitness-type behaviors) that I know I should.

It's very difficult, however, to disconnect or lower your expectations or suspend your belief/hope about your future, but if you don't find a way to compartmentalize the good from the bad; somehow segregate fact from fiction, actual feelings from imaginary ones; the consequences, emotionally could be severe. It's an emotional version of being stuck in quicksand (if I remember my formative years watching Johnny Weissmuller's Tarzan movies on Saturday mornings): thrashing around hastens your demise while remaining still and yelling for help simply slows down the inevitable. The reality is/was, you're likely damned/doomed if you do and damned/doomed if you don't. You need a miracle or some kind of intervention. (Or you need to know the script. However, for cancer patients, there is no script.)

And I don't expect a miracle (I'll hope for one, though). But I am certainly open to, and appreciative of, an intervention. Which I believe is exactly what I received the other day from my co-worker/friend. Sometimes, from the mouths of babes (in this instance, an attractive female), and outsiders looking in, often come innocent-sounding and selfless observations and suggestions that those of us consumed on the inside cannot quite formulate. It's a little bit like not being able to see the forest for the trees: you're too close, maybe even too stubborn (in my case) to see what's right (and correct) in front of you.

Hopefully, writing this column is the first step. Now, if I can only find a pail small enough to suit me.

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

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Nats Select Churchill's Fanaroff in 50th Round

Left-handed pitcher will attend Lehigh University.

BY JON ROETMAN
THE ALMANAC

Churchill senior Harris Fanaroff was at beach week in Bethany, Del., when he received a phone call from Lehigh University baseball recruiting coordinator Brian Hirschberg. The assistant coach wanted to know if Fanaroff, committed to play for Lehigh, would still be joining the Mountain Hawks.

The reason behind Hirschberg's uncertainty: Fanaroff had just been drafted by the Washington Nationals.

"Are you kidding me?" Fanaroff, unaware of his selection, thought. "There's no way."

Ten minutes later, Fanaroff received a phone call from a Nationals scout confirming the news.

"None of us believed it," said Bryce Shemer, a Churchill teammate and one of Fanaroff's friends at beach week. "[Fanaroff] didn't believe it."

Fanaroff, a 6-foot-2, 190-pound left-handed pitcher, was selected by the Nationals on June 9 with the first pick of the 50th and final round (No. 1,496 overall) of the 2010 MLB draft. On June 21 he received a contract offer to play for the Gulf Coast Nationals, Washington's rookie-level minor league affiliate, but declined and will in-

stead attend Lehigh in Bethlehem, Penn. Fanaroff said getting drafted was a "cool honor," but he didn't consider the amount of money offered to a 50th-round draftee enough to forgo his amateur status. He will study business at Lehigh while pitching or playing first base for the Mountain Hawks.

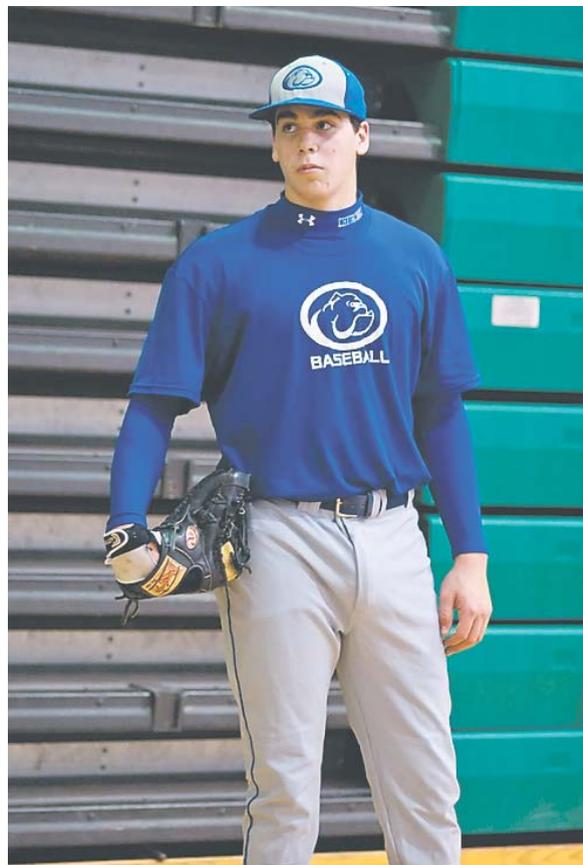
After missing all of his junior season with a torn anterior cruciate ligament in his right knee, Fanaroff returned as a senior to help Churchill reach the regional semifinals. At the plate, he hit .464 with three home runs and 30 RBIs. He also tallied 11 doubles and one triple.

BUT IT WAS on the mound where Fanaroff gained the attention of the Nationals. The lefty throws a mid-80s fastball, a change-up and a slider with a quirky sidearm/three-quarter delivery (video of which can be seen on YouTube).

Shemer, who caught, pitched and played shortstop for Churchill and will play collegiately at Mesa State College in Grand Junction, Colo., praised Fanaroff's change-up, calling it "one of the best I've ever seen when it's on."

"He's a 6-2 left-handed pitcher, which is pretty much every scout's dream to have," Shemer said. "He has one of the funkiest deliveries I've ever seen. It's very deceptive. It looks like he drops his elbow. It generates a lot of movement."

Fanaroff's pitching statistics from 2010 don't scream pro potential. He posted a 1-3



FILE PHOTO

Churchill's Harris Fanaroff was selected in the 50th round of the 2010 MLB draft by the Washington Nationals.

record with a 4.99 ERA and allowed 27 hits in 26 2/3 innings while walking 23 and striking out 37. But his size and left-handed delivery are elements that can't be taught.

"I was excited for him," Churchill head

coach Scott Blackwood said of Fanaroff getting drafted. "Being that he missed last year and seeing him every day and seeing the work he put in. [It's good to] see a kid get recognition for all the hard work he's put in."

"He's a big lefty with room to grow. He's got an unorthodox style. The ball moves a lot and it's hard for kids to hit. His problem this year is he walked too many guys. He's got a lot of upside."

Fanaroff said he grew up an Atlanta Braves fan due in part to the Washington D.C. metro area not having a pro baseball team (the Montreal Expos moved to Washington and became the Nationals in 2005). Does being drafted by the Nats change his allegiance?

"That changes it big time," Fanaroff said. "I'm a Nationals fan, big time. I've got to root for them."

SINCE FANAROFF will be playing at Lehigh, a Division I program, he will be eligible to be drafted again as a junior.

"I have a lot of work to do," he said, "to get the interest of a lot of Major League teams."

Shemer is hoping for a baseball reunion of sorts with his longtime friend.

"Maybe 50th round this year, but in three years it could be a lot closer to that first round for him," Shemer said. "Hopefully we'll get to play against each other in the minors and in the majors."

SPORTS BRIEF

Big Train Falls To Rockville

Despite a strong performance from pitcher Cody Allen, the Bethesda Big Train fell to the Rockville Express 3-2 on June 20. The loss dropped Bethesda's record to 7-4.

Allen, a right-hander from High Point, struck out 10 in five innings, but suffered the loss. He allowed three earned runs and five hits and is now 0-1 with a 5.63 ERA in two starts.

Patrick Keane, a right-hander from St. Mary's, pitched four innings of two-hit, shutout relief.

Danny Stienstra (San Jose State) and Nick Schneeberger (Tulane) each had two hits for Bethesda. Through 11 games, Stienstra was second in the Cal Ripken Collegiate Baseball League with a .405 batting average and Cody Freeman (Mississippi State) was third at .394. Schneeberger was tied for third with eight RBIs.

On the mound, Bryan Hamilton

(UNC-Charlotte) leads the league with a 0.00 ERA and John Schneider is tied for second with two wins.

Bethesda will host the Southern Maryland Nationals at 7:30 p.m. on June 23 at Shirley Povich Field.

MCSL Results

The Montgomery County Swim League opened its summer season during the weekend. In Division A, Rockville defeated Bethesda 475-313, Upper County beat Westleigh 403.5-384.5 and Tilden Woods defeated Flower Valley 506-286.

In Division B, Quince Orchard topped Hallowell 413-377, Mill Creek Towne beat Potomac Glen 434.5-357.5 and Stonegate defeated Manchester Farm 462-330.

In Division C, Potomac beat Damascus 420-372, Woodley Gardens surpassed Bannockburn 505-286 and Germantown defeated Potomac Woods 406-385.

In Division D, Darnestown topped Kentlands 461-331, Regency Estates bested Poolesville 407.5-381.5 and River Falls beat Robin Hood 470-322.

In Division E, Old Georgetown edged Merrimack Park 397-395, Cedarbrook beat Franklin Knolls 422-362 and Rock Creek won a close meet against Stonebridge 396-392.

In Division F, Garrett Park beat Seven

Locks 449-333, Connecticut Belair defeated Northwest branch 454-337 and Country Glen surpassed Olney Mill 449-334.

In Division G, Tanterra edged Lake Marion 393.5 to 385.5, Mohican beat Glenwood 450-340 and Tallyho beat Woodcliffe 408-384.

In Division H, Wildwood Manor defeated Chevy Chase Rec. Assoc. 406-383, Palisades topped Rockshire 409-376 and Inverness Forest beat Calverton 408-354.

In Division I, Little Falls defeated North Chevy Chase 445-334, Daleview handled Norbeck Hills 529.5-246.5 and King Farm beat Ashton 430-356.

In Division J, Lakelands topped Plantations 457-325, Carderock Springs beat Norbeck Grove 438-336 and Eldwick edged Somerset 387-385.

In Division K, Waters landing beat Kenmont 403-388, Whetstone beat Clopper's Mill 452-328 and Manor Woods bested Quail Valley 403-374.

In Division L, Hillandale beat Long Branch 465-318, Fallsmead topped Glenmont 428-319 and Old Farm beat Forest Knolls 442-330.

In Division M, Montgomery Square defeated Flower Hill 425-349, North Creek beat James Creek 388-35 and Wheaton Woods topped Twin Farms 433.5-334.5.

In Division N, Middlebridge edged Washingtonian Woods 335-332, Twinbrook beat Kemp Mill 385-356 and West Hillandale beat East Gate 421-301.

5Qs

Five questions with Wootton tennis player Mateo Cevallos

Q: What location is the farthest from the Washington D.C. metro area that you've traveled?

A: Ecuador for a tournament.

Q: What is the best feeling you can have during a tennis match?

A: When I hit a tweener — the lob you hit between your legs. There's like a 1 out of 1,000 chance to make one.

Q: Who is your favorite music artist?

A: Jay-Z.

Q: What is your favorite food?

A: Chicken teriyaki.



Q: What do you like to do in your free time?

A: Hang out with friends, sit down and relax.

— JON ROETMAN

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