

Potomac ALMANAC

Summer Fun

PAGES 2-3

Visitors admire the canal boat on Sunday at the C&O Canal National Historical Park.



Must See
SUMMER FUN, PAGE 2

Family
Fun

SUMMER FUN, PAGE 6



In the
Running
SPORTS, PAGE 11

JUNE 29-JULY 5, 2011

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SUMMER FUN

Must See

Here are some places to go and things to do that one's guests shouldn't miss.

Great Falls

More water flows over Potomac's great wonder, Great Falls, than Niagara Falls. For up close views, enter the C&O Canal National Historical Park on MacArthur Boulevard, walk 0.2 miles over the Olmsted Island Bridges to the overlook at the end. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck over the spectacular views of the Falls and the head of Mather Gorge.

Great Falls Tavern Visitor Center and Olmsted Overlook
11710 MacArthur Blvd.
301-767-3714

Accessible for wheelchairs and strollers.

The tavern is open year round, seven days per week from 9 a.m. to 4:45 p.m.

<http://www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html>



Great Falls Tavern Visitor Center is open year round, seven days per week from 9 a.m. to 4:45 p.m. When the canal was in use, the tavern was there to provide lodging and food to those traveling the canal. Today, it is used as a museum where visitors can learn the history of the canal and purchase boat riding tickets or souvenirs.

C&O Canal

Potomac is bordered by more than 12 miles of the C&O Canal, the towpath and the Potomac River. From Carderock to Riley's Lock, Potomac provides opportunities to enjoy the sights and sounds of the river while walking, biking, birding, taking a stroll with the children or grandchildren, or even taking a kayak lesson on the flatwater. Wildlife is abundant. All outdoor areas of the C&O Canal

National Historical Park are open daylight hours year round.

Billy Goat Trail

Thousands hike the Billy Goat Trail every year, with access across from Old Angler's Inn (10801 MacArthur Blvd.) or at the Great Falls Tavern Visitor's Center (11710 MacArthur Blvd., 301-767-3714). The loop between the C&O Canal and Potomac River is less than five miles long, but al-

low plenty to time to stop and enjoy spectacular views of the rockface, Potomac River and sensitive vegetation and rare plants. The wild power and natural beauty of the Potomac River and its surrounding come alive on this hike that is marked by light blue trail blazes to keep visitors from trampling on Bear Island's many rare plants and sensitive vegetation. The trail can be rough and rocky with steep climbs. But the trail is one of the most popular

Volunteer

This year is the 40th anniversary of the C&O Canal becoming a park, according to Aly Baltrus, supervisory park ranger.

Residents are encouraged to volunteer at the park, for examples, to act as bike patrols or assist in becoming a Billy goat trail steward.

"The thing that I like about the C&O Canal is the diversity of what people like to do, biking, walking, hiking, kayaking, enjoying the solitude of people enjoying the towpath, meeting the mules, or even taking a boat ride," said Baltrus. "Such diversity of people come to the park to recreate."

For more information and fun summer activities to do on the C&O Canal visit <http://www.canaltrust.org/discoveries/>, where park rangers highlight the "hidden gems" of the C&O Canal.

— EMILY NICHOLS

hikes in all of the metropolitan area, which can be done by people of all ages.

Old Angler's Inn

This famous Potomac restaurant showcases its woodsy setting near the river. Offers a chance to eat or drink outdoors or indoors, before or after a stroll on the Billy Goat Trail or along the canal.

Glen Echo Park

7300 MacArthur Blvd., Glen Echo

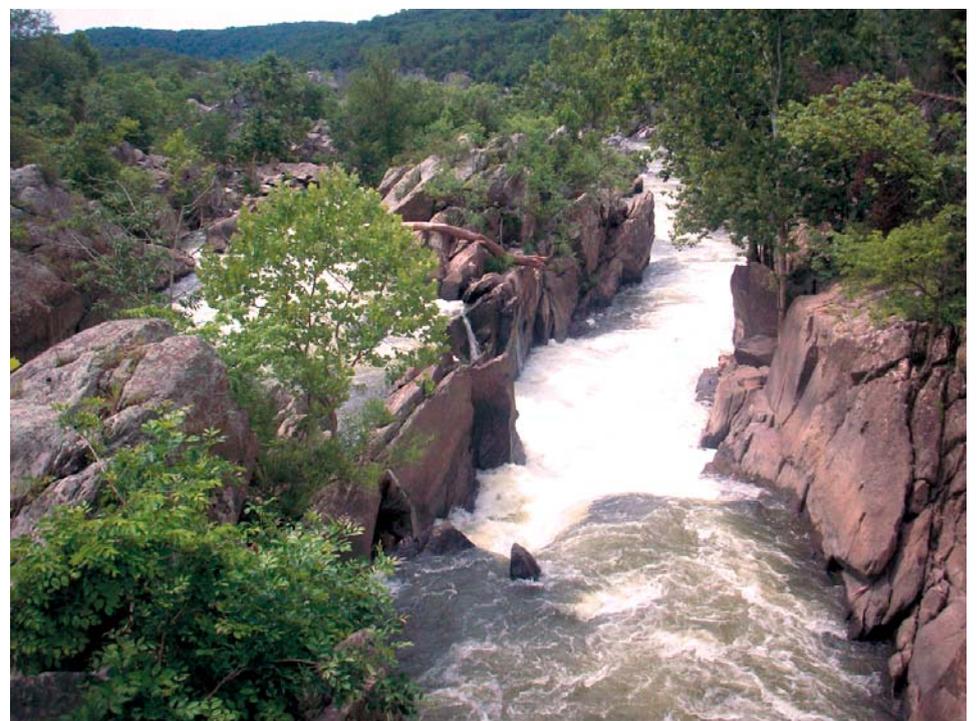
www.glenechopark.org

Originally a Chautauqua retreat, then an amusement park, Glen Echo National Park now hosts a variety of arts, environmental and history programs. Classes are offered in pottery, painting, photography, glass art, silversmithing, textiles and other arts, as well as

SEE MUST SEE, PAGE 3



Visitors line up for the canal boat.



A view from one of the walkways overlooking the Potomac River.

Must See

FROM PAGE 2

in dance, writing and music.

The famous 1921 Dentzel Carousel in the center of the park has been giving rides to the public for 90 years.

Dancing in the Spanish Ballroom is a popular social event.

"We almost always bring guests to Glen Echo Park," according to Potomac resident Betsy Platt. "We often bring them to the contra dances on Friday or Sunday evenings, or Salsa, Swing or Cajun Saturday nights, or waltzing on Sunday afternoon. Contra is so easy, most people learn very quickly, and almost everyone enjoys it. For \$10 a pop, it's a fun and inexpensive night out, with excellent live music, where everybody is friendly and nobody is smoking or drinking. Dancing is not for everyone, but there's always something going on – the galleries, for the grownups, Discovery Creek, the Puppet Co. or Adventure Theatre for the little ones, and the historic carousel for great photo ops."

Adventure Theatre (www.adventuretheater.org, 301-634-2270) is one of the area's longest running children's theater companies, and the Puppet Co. Playhouse (www.puppetco.org) offers shows as well as was for children to be involved.

Blockhouse Point

www.blockhousepoint.org

Locals who know the 630 acres of land that straddles River Road between Tobytown and Callithea Farm call Blockhouse Point the jewel of Potomac.

The natural and cultural resources at Blockhouse Point are among the most valuable in the country.

The park contains a variety of exceptional and rare habitat, including mature upland forest, floodplain forest, wetlands, streams and river-rock outcrops. Nine species of threatened, endangered or watchlist species of plants have been identified in the park, along with 25 species of fish, nine species of amphibians, four species of reptiles, 39 species of nesting birds and 10 species of mammals.

Blockhouse Point also tells a little of Potomac's history. During the Civil War, the 19th Regiment Massachusetts Voluntary Infantry built three blockhouses in 1862 to guard Violette's Lock and

Pennyfield Lock, taking advantage of panoramic views from Blockhouse Point. Union sentries kept watch for Confederate movements across the river and at area fords.

Almanac's Guides to Fun

The Almanac has published guides to discovering other Potomac activities: including where to take horseback, kayaking and canoeing lessons, where to hit a golf ball at a public range and course; courses and activities at nature centers for adults and children; where to go birding, where to see eagles and owls that make Potomac their home, where to cool off in the summer at a local ice skating rink; information on a local collegiate baseball league; to a guide of Potomac's local parks, including one nationally recognized park that is accessible to youth with disabilities.

Download 2010-11 Potomac Insiders Guide, includes award-winning Insiders Guide to Potomac Parks <http://connectionnews.com/PDF/2010/082510/Potomac.pdf>

Links to Get Involved

<http://www.connectionnews.com/article.asp?article=343989&paper=70&cat=230>

History

<http://www.connectionnews.com/article.asp?article=343985&paper=70&cat=230>

Events/Calendar

<http://www.connectionnews.com/article.asp?article=343986&paper=70&cat=230>

Tips from Potomac Insiders

<http://www.connectionnews.com/article.asp?article=343987&paper=70&cat=230>

The River Center

Lockhouse 8, 7906 Riverside Drive, Cabin John

www.potomac.org

The Potomac Conservancy runs the River Center at Lockhouse 8, open weekends from 10 a.m. to 2 p.m. Nature walks, canoeing trips, art exhibits and canoe cleanup events are offered throughout the year. One goal of The Potomac Conservancy is to educate, inspire and engage Potomac watershed residents about the wonders of living near the Potomac River and its tributaries.



Heritage Days at Glen Echo

Washington Revels Heritage Voices ensemble sings as part of Montgomery County Heritage Days at Glen Echo Park last weekend.

PHOTOS BY DEBORAH STEVENS /THE ALMANAC



The Rustabouts — from left Bruce Hutton, Chris Romaine and Lars Hanslin — play in Glen Echo Park.



Scott Cedar portrays Abe Lincoln and Keegan Cassady portrays John Nicolay.

LETTERS

Save Nick's Organic Farm

To the Editor:

The following open letter was addressed to County Executive Isiah Leggett.

A few days ago I took a walk along the C&O canal, something I've been doing since childhood. The canal towpath, at one time designated to become a national park was slated to be turned into an auto parkway after WWII. Thanks to Chief Justice William O. Douglas's efforts and public outcry, the canal towpath is now a national treasure with more than three million visitors a year enjoying this unique park.

The school board and county's plan to turn a one-of-a-kind organic farm into a soccer field is misguided and short sighted, in the same way that turning the canal into a roadway was so many years ago.

The county has 501 soccer fields and only one GMO-free organic farm; Nick Maravell's. Two weeks ago, kids who currently play soccer, soccer coaches, a former head of a Potomac high school soccer team and a soccer mom along with hundreds of residents voiced their support for Nick's farm in a June 9 meeting.

An organic farm takes decades to develop the extraordinary soil that grows the bountiful harvest that local residents enjoy and that other farmers depend on for GMO-free seeds. In one day all that could be lost. Kids and adults have so much to gain from learning how their food is grown and becoming acquainted with healthy organic food.

No public hearing went into making this decision. At the very least, Montgomery County and the Montgomery County School Board need to allow the community to be heard. The democratic process should determine what becomes of Nick Maravell's unique farm.

We currently have an organic farm in the heart of our community at a time when we are trying to teach our children the importance of healthy eating as well as the provenance of the food they eat.

Shouldn't we be preserving this extraordinary farm rather than paving it over to make one more soccer field?

The ground swell of support Nick Maravell has received is only going to become stronger. In fact, all residents of Montgomery County can benefit from knowing learning about the food they eat, being introduced to fresh, organic produce grown in the heart of their community and the opportunity to learn farming methods — something that is all but lost on suburban residents.

As County Executive, wouldn't you rather be remembered for your role in preserving this county, state and national treasure than for its destruction? Please take a stand and allow current residents and generations to come the opportunity to learn, work in and enjoy the harvest of Montgomery County's unique 31-year-old organic farm. I respectfully beseech you to make the right decision and save Nick Maravell's and our community's farm.

Tamara Meyer

Alternative To Brickyard

To the Editor:

The following letter was addressed to the County Executive and County Council.

To address Mr. Leggett's desire to increase the number of soccer fields for Bethesda/Chevy Chase and North Potomac, it has been brought to my attention that there is a much more suitable location for a soccerplex than Brickyard Rodd, which is a small residential county road, with 12 speed humps and three traffic circles, without public transportation — a road that feeds onto Falls Road that is totally gridlocked at rush hour when MSI would add hundreds of cars to an already crippled transportation system. Cabin John Park is accessed easily from the beltway with roads designed to handle beltway traffic. It has parking lots, public transportation, and large acreage — all of which make Cabin John Park a much better location for a soccerplex than Brickyard Road. Cabin John Park has the infrastructure already in place and roads that can accommodate the kind of traffic a soccerplex creates. The roads to Cabin John Park do not have residential housing right on the road. It has everything necessary for a soccerplex. Brickyard Road has none of the above.

Hopefully, this will be the solution that makes everybody happy and fulfills everybody's needs.

Elisabeth Waugaman



Jocelyn Levy, Issac Kaspi and Heather Kaspi



Eliana Lapidus and Julia Karsner

Caring For Animals

The children in B'nai Tzedek's Greenzaid Early Childhood Center's nursery school in Potomac, spent a morning at the Poplar Springs Animal Sanctuary in Poolesville on May 2. During the year, each class sponsored a different animal at the sanctuary. Each week, the children brought in money and supplies to care for their animal. During their visit, the children visited their animal, brought supplies to the sanctuary and learned about the care of all the animals at the sanctuary.



Brandon Hookman Robbins

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www.PotomacAlmanac.com

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Fast Break Basketball Camps Tip-Off at Whitman High

BY SUSAN BELFORD
THE ALMANAC

The gym is filled with boys shooting, dribbling, passing, running, sweating — as they learn basketball fundamentals and polish their skills at Chris Lun’s Fast Break Basketball Camp.

In its 6th year, the camp offers boys and girls in 2nd through 9th grade the chance to improve their games and learn the importance of attitude and teamwork as well as sportsmanship.

A typical day at Coach Chris Lun’s Fast Break basketball camp involves lots and lots of basketball. Campers spend their six-hour day practicing ball handling, free throws, dribbling, defense, low post moves, shooting, and rebounding. The camp, directed by Whitman Boys Basketball Head Coach Lun, is also staffed by Whitman Girls’ basketball coach, Pete Kenah and by Watkins Mill boys basketball coach, Jay Tringone. Lun also hires high school and college players to serve as camp counselors.



Coach Chris Lun addresses the youths at the Fast Break Summer Camp.

“We have lots of contests during the week for prizes,” said Lun. “We play Hot Shot, 21, Who Wants to Be a Viking — and the most popular — Perfect Free Throw. All the contests teach a skill — but the

kids love playing the games and winning cash prizes and trophies as well as prizes from the concession stand.”

Lun, in his 8th year as head basketball coach at Whitman High

School, led his 2006 team to capture the Montgomery County 4-A Championship. He played basketball for the Mount Alto campus of Penn State — and in 1997 was named the “Athlete of the Year” at

Details

Camp Dates: Session 3: July 11-15, Session 4: July 18 – 22 (Sessions 1 and 2 took place in June)

Camp Times: 9 a.m. – 3 p.m.

Cost: \$275 tuition per camper. Financial aid is available.

Group/Team discounts available.

Site: Whitman HS gym

Each camper receives a free t-shirt. Aftercare is available from 3 – 4 p.m.

Mount Alto. He currently teaches mathematics at North Bethesda Middle School. Much of the emphasis during the day is on sportsmanship and attitude, working hard and being positive. “The kids have all different skill levels, and we want them all to have fun and feel successful. We give lots of awards every week. It’s amazing to see the growth in just one week. Some kids come to every session because they love to play basketball all day, every day,” said Lun.

And that is exactly what the kids do in this camp — play basketball all day, every day. Lun states there is still room in his July camps. To find out more or to register, go to www.whitmanbasketball.com. To speak with Lun, call 301-580-8284 or Kenah at 301-717-5937.



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for more information visit www.kickskarate.com

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SUMMER FUN

Fourth of July Celebrations

MONDAY/JULY 4

Autism Speaks 5K Run and One-Mile Walk. 7:30 a.m. Sponsored by BOWA. Meet at the Potomac Library, 10101 Glenolden Drive, Potomac. Pre-race activities include food, music, prizes and fun activities. Visit www.autismspeaks5k.org. Online registration will close at 12 midnight on Saturday, July 2, but late registration will be available until Monday, July 4 between 6:30 – 7:30 a.m. There is an entry fee of \$30 for adults and \$15 for children under 14. Volunteers are needed and should contact autismspeaks5k@autismspeaks.org.

Rockville Fireworks, Music

Rockville will host its annual Independence Day celebration Monday, July 4, from 7-10 p.m. at Montgomery College-Rockville Campus. The event features live concerts, food vendors and a 20-minute fireworks display. Fireworks are provided by Zambelli Fireworks Internationale.

Beginning at 7 p.m., Fugitive Brass Quintet will perform on the Football Stadium Stage and Paul Pfau and the Dimestore Band will perform on the Campus Stage. The Rockville Concert Band will follow Fugitive Brass Quintet.

There will be food vendors located in each stage area. Fireworks begin at 9:30 p.m. Bring blankets and chairs.

Montgomery College is located at 51 Mannakee St. Parking is available at all campus parking lots, and at lots on the corner of Mannakee Street and Route 355. It could take up to one hour to exit parking lots at the conclusion of the celebration.

There is no rain date for the event. Call 240-314-5022 for recorded event information.

Barbecues, open flames and alcohol are not allowed on the site. Smoking is prohibited on the campus. Recycling and garbage bins will be located throughout the event site.

Call 240-314-8620 or go to www.rockvillemd.gov/events/independence-day.htm.

Germantown and Kensington

Montgomery County will again this year host two Independence Day fireworks displays on Monday, July 4. Germantown Glory will be held at the SoccerPlex in the South Germantown Recreational Park, 18041 Central Park Circle, Boyds. Mid-County Sparkles will be held at Albert Einstein High School, 11135 Newport Road, Kensington.

Germantown Glory will begin at 6 p.m. with children's activities hosted by the BlackRock Center for the Arts. The Baltimore Symphony Orchestra will perform a musical salute to America at 8 p.m., through the sponsorship of Hughes Network Systems and the Mid-Atlantic Federal Credit Union. Fireworks will begin at approximately 9:15 p.m.

To reach the South Germantown Recreational Park from I-270, take exit 15B (Route 118 south) toward Germantown; go for 2.8 miles and turn right onto Richter Farm Road. Go one mile and turn left onto Schaeffer Road. The park entrance is 0.3 miles on the right. Ample, free parking is available.

Mid-County Sparkles activities begin at 7:30 p.m. with a concert by Bobby and the Believers. The fireworks display will follow at approximately 9:15 p.m. Since there will be no on-site parking at the school or at adjacent properties, except for handicapped parking, shuttle buses will pick up passengers,



beginning at 6:15 p.m., at Westfield Wheaton and the Wheaton Metro Station.

Low lawn chairs and coolers are welcome at both events. Food vendors will be on site. No alcoholic beverages are permitted. The rain date for fireworks only is July 5. No shuttle service will be available on the 5th.

Call 240-777-6821 or go to www.montgomerycountymd.gov/rec.

Gaithersburg Fireworks

Bring a blanket, bring a picnic and bring the whole family to enjoy the City of Gaithersburg Independence Day Celebration on Monday, July 4. Gates to the Montgomery County Fairgrounds open at 5 p.m. A two-hour concert featuring the variety band, Appaloosa, starts at 7 p.m., and a few brief remarks from the Gaithersburg Mayor and City Council will be made at 8 p.m. The exciting fireworks display launches at dusk (approximately 9:25 p.m.). In the event of rain, the fireworks only will be held on Tuesday, July 5.

The Montgomery County Fairgrounds is located at 16 Chestnut Street in Gaithersburg. Walk in at Chestnut or Dalamar Streets; the Perry Parkway entrance to the Fairgrounds will be closed. No unauthorized cars will be allowed in the Fairgrounds.

Food will be sold at the celebration. Absolutely NO alcoholic beverages, glass containers, rollerblades, skates, bikes, pets, or fireworks of any kind will be permitted. Phone 301-258-6350

Fourth Annual Kids Night

JUNE 21 TO AUG. 23. Tuesdays from 6:30 to 8:30 p.m. Kids Night provides free, fun, and educational entertainment that the whole family can enjoy. Includes two live stage shows, balloon art, kids eat free. At Rockville Town Square Plaza Stage & Plaza.

- ❖ July 5 — Music from Peter McCord
- ❖ July 12 — The Vaudeville Clown
- ❖ July 19 — The Diggity Dudes
- ❖ July 26 — Airborne
- ❖ Aug. 2 — Unicycling Lady
- ❖ Aug. 9— Reptiles Alive!
- ❖ Aug. 16 — Mr. Knick Knack
- ❖ Aug. 23 — Silly Bus

Family Fun

CLARA BARTON COMMUNITY CENTER

7425 MacArthur Blvd., in Cabin John is hosting a summer of fun — weekdays, June 27 through Aug. 5, 8 a.m.-6 p.m. For children ages 5-12. Activities are planned and supervised. Cost is \$350 for all six weeks. 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 the Montgomery County Department of Recreation website, www.montgomerycountymd.gov/rec. Click on the registration link and type in 297719 in the course number box.

CABIN JOHN ICE RINK

Cool off on the ice, open all summer. Call or check the website for hours for public skate times plus special family or adults only times. Lessons available. Seven days a week, morning, afternoon and evening skate sessions. Children 2-under are free; tots ages 3-4 are \$3.50; Children ages 5-10 are \$5.25; regular admission 11-up are 6.25; seniors are \$5.25; skate rentals \$3.25. And \$52.50 discount ticket books.

www.cabinjohnice.com

10610 Westlake Drive, Rockville, 20852
301-765-8620

RIDE THE CABIN JOHN MINIATURE TRAIN

7400 Tuckerman Lane, Potomac
301-765-8670

Children and adults can tour the woodlands of Cabin John Park while riding on the miniature train, a replica of the 1863 C.P. Huntington, a 4-2-4T steam locomotive. Open seven days a week in the summer, Monday - Thursday, 10 a.m.-5:30 p.m. (1st train at 10:30; last at 5:30 p.m.); Fridays, Saturdays, Sundays and holidays, 10 a.m.-7 p.m. (1st train at 10:30; last at 7 p.m.). Tickets are \$1.75 each. Children age 2 and younger with a paying adult ride free.

CABIN JOHN REGIONAL PARK ADVENTURE PLAYLAND

7400 Tuckerman Lane, Potomac

LOCUST GROVE NATURE CENTER

Cabin John Regional Park, 7777 Democracy Boulevard
301-765-8660

http://www.montgomeryparks.org/nature_centers/locust/VirtualTour.shtm
Locust Grove offers programs featuring the natural and cultural history of Montgomery County and the surrounding region. Visit the forest exhibit and hike one or all of our many trails. What to do at Locust Grove?

Play with the indoor oak tree exhibit. Find the animals that live in and near the tree; push the buttons to learn what they sound like!

Watch the birds feeding at the Wildlife Observation area
Watch from inside, or go outside and watch through our wildlife blind.

Quietly visit the small pond to look for frog eggs or tadpoles in spring.
Check out the Naturalist Garden. Spring brings bluebells and bulbs, while summer welcomes butterflies and blossoms galore. Fall is for seeds and fruit, while most plants lie dormant all winter.

Hike through the Upper Meadow. Look for Monarch butterflies, caterpillars and eggs on the milkweed in summer. Listen for wrens and bluebirds near the bluebird nest boxes. Watch for box turtles crossing the path in early morning.

Wander to the Lower Meadow. Watch for bats leaving the bat boxes in late afternoon or early evening. Sit under the shade of the 200-year-old sycamore and imagine what the park looked like when it was part of a huge farm. Watch as Cabin John Creek flows briskly by. You might spot minnows, crayfish, bathing birds, or signs of beaver activity.

HADLEY'S PLAYGROUND AT FALLS ROAD PARK

12600 Falls Rd. Potomac

Award-winning Hadley's Playground, a fully accessible playground that allows children of all ages and abilities to play together, is the highlight of Falls Road Park, 20 acres acquired in 1986.

http://www.montgomeryparks.org/parks_facilities_directory/fallsroadlp.shtm

Bethesda Concerts

Outdoor concerts in Bethesda, produced by the Bethesda Urban Partnership, feature free music on Thursdays during June and July. The concerts offer a diverse range of music including rock, funk, blues, pop, reggae and swing.

The concerts take place on Thursday evenings, from 6 – 8 p.m. in Veterans Park, located at the corner of Woodmont and Norfolk Avenues. Call 301-215-6660 or visit www.bethesda.org.

- ❖ June 30 — LaRue Boogaloo (Soul & Jazz)
- ❖ July 7 — Oasis Island Sounds (Reggae)
- ❖ July 14 — 8 Ohms Band (Funk)
- ❖ July 21 — Invitation (Variety/Dance)

Rockville Concerts

Rockville offers free concerts in Rockville Town Square Thursday nights from 6 to 8 p.m. The schedule is as follows:

- ❖ June 30: Guy Mendilow Band, Israeli/Sephardi;
- ❖ July 7: Dan Haas, lounge pop;
- ❖ July 14: Gonzo's Nose, 80's and 90's cover band;
- ❖ July 21: Joker's Wild, swing;
- ❖ July 28: Fools & Horses, rock and roll combined with new British pop;
- ❖ Aug. 4: Ruthie and the Wranglers, roots rock;
- ❖ Aug. 11: The West End, folk rock;
- ❖ Aug. 18: Daryl Davis Band, blues;

Seating is not provided in the square during the concerts, so visitors should bring their own lawn chairs or blankets.

All restaurants will be open during Concert in the Square, including Austin Grill, which will also feature a beer garden in Town Square. Visit www.rockvillemd.gov/events

Out to Lunch Wednesdays

Out to Lunch Wednesdays returns to Rockville Town Center. The farmers market and street festival occurs every Wednesday from 11 a.m. to 2 p.m. and takes place on East Montgomery Avenue through Oct. 26. The weekly event features a free concert and farmers market with fresh produce, flowers and plants for sale. New to the festival this year is a monthly kids week that features special entertainers and a moon bounce. All performances take place noon to 1:30 p.m.

June 29: Ray Own, Kids Week Entertainment;

July 6: Lloyd Dobler Effect, Rock;

July 13: Kristin Anzures, Acoustic Variety;

July 20: Martinez and Guthrie, Folk;

July 27: Pam the Kindersinger and Rascal, Kids Week Entertainment;

Aug. 3: Rock and Roll Review, Oldies;

Aug. 10: Mary Ann Redmond and Dan Hovey, Rock/Blues/Jazz;

Aug. 17: Bad Influence Band, Blues;

Aug. 24: The Bobbe Shore Trio, Jazz/Standard/Blues;

For a complete list of farmers market vendors and harvest dates, visit www.rockvillemd.gov/events.

SUMMER FUN



PHOTO BY SCOTT SUCHMAN

Toad (Sasha Olinick) remembers a secret entrance to his home and decides to reclaim Toad Hall. Mole (Christopher Wilson) and Badger (Doug Wilder) watch.

JUNE 22 TO AUG. 14

“The Wind in the Willows.” It’s “COPS” for Kids at Imagination Stage. For ages 4 and up. Based on the book by Kenneth Grahame. Tuesdays thru Fridays at 10:30 a.m.; Additional weekday 1:30 p.m. matinees on July 13, 20, 27 and Aug. 3; Saturdays and Sundays at 1:30 p.m. and 4 p.m. Additional 11 a.m. performances on July 2 and 9. Special Friday night 7 p.m. performance on July 8. Tickets are \$10 to \$22 and may be purchased at www.imaginationstage.org or at 301-280-1660. At 4908 Auburn Ave., Bethesda. Visit www.imaginationstage.org.

THURSDAY, FRIDAY, SATURDAY

Free Live Music. At the Beer Garden at Old Angler’s Inn Restaurant all summer long. At 10801 MacArthur Blvd., Potomac. Call 301-299-9097.

WEDNESDAY, JUNE 29

Rafi Malkiel Quintet. 7 p.m., Gudelsky Concert Gazebo. Strathmore Free Outdoor Summer Concert Series. Composer, trombonist and euphonium player Rafi Malkiel, from Israel, has delighted audiences around the world. He brings a jazz sound infused with Klezmer, Latin and Caribbean influences. At 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or www.strathmore.org.

Family Fun Night. 6:30 – 8 p.m. Come to Har Shalom for an evening of family fun and learning. A great introduction to the religious school. Open to the community. Invite friends and neighbors. No fee. Learn to make challah and create a silk painted challah cover. At 11510 Falls Road, Potomac. Email Rabbi Deborah Cohen at rabbicohen@harshalom.org.

Safe Driving for Seniors. 1 to 2 p.m. A talk by Dr. Maryanne Scottino, associate chief of the Medical Advisory Board, Maryland Motor Vehicle Administration. At Leisure World Clubhouse I, 3700 Rossmoor Blvd. Cost is \$6. Part of Coming of Age. For ages 60 and older. Call 301-348-3832.

THURSDAY/JUNE 30

Music Inspired by Shakespeare. 8 p.m. Tickets are \$25 to \$150. With Maestro Lorin Maazel, Dame Helen Mirren, Jeremy Irons, The Castleton Festival Orchestra and Castleton Festival Chorus. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or ticket office at 301-581-5100.

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow blues lesson from 8:15 to 9 p.m.; dancing from 9 to 11:30 p.m. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

JULY 2 - 31

“The Fifth Element: Stories in Wearable Art” Exhibition.

Thursdays-Sundays, 12 p.m. - 6 p.m. in the Popcorn Gallery. The Glen Echo Park Partnership for Arts and Culture and Silverworks present the exhibition “The Fifth Element: Stories in Wearable Art,” the artwork of silversmith Blair Anderson. An Opening Reception will be held on Saturday, July 2 from 7 p.m. - 10 p.m. Visit www.silverworksglenechopark.com or call 301-634-5385.

JULY 2, 9

The Magic of Music “Percussion Party” 3 p.m. Washington Conservatory of Music presents a new series of family music and magic shows. The Magic of Music, a fun introduction to music for the young (and the young at heart!), features Musico the Magnificent – aka Drew Owen, cellist and WCM faculty member – and musical guest artists. In Washington Conservatory’s recital hall. Tickets are \$10 at www.WashingtonConservatory.org. Call 301-320-2770.

MONDAY/JULY 4

Autism Speaks 5K Run and One-Mile Walk. 7:30 a.m. Sponsored by BOWA. Meet at the Potomac Library, 10101 Glenolden Drive, Potomac. Pre-race activities include food, music, prizes and fun activities. Visit www.autismspeaks5k.org. Online registration will close at 12 midnight on Saturday, July 2, but late registration will be available until Monday, July 4 between 6:30 – 7:30 a.m. There is an entry fee of \$30 for adults and \$15 for children under 14. Volunteers are needed and should contact autismspeaks5k@autismspeaks.org.

WEDNESDAY, JULY 6

Chopteeth Afrofunk Big Band. 7 p.m., Gudelsky Concert Gazebo. This 14-piece orchestra based in D.C. combines West African music styles with American pop beats - hear modern jazz, Yoruba tribal music and Afrobeat all in one movement. At 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or www.strathmore.org.

THURSDAY/JULY 7

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow blues lesson from 8:15 to 9 p.m. Dancing



TUESDAY/JULY 12

Jonathan Byrd Performs. 8 p.m. Tickets are \$18/door; \$15/advance. Visit www.focusmusic.org. At the Unitarian Universalist Church of Rockville, 100 Welsh Park Drive, Rockville. Contact David Spitzer at focusrockville@earthlink.net or 301-275-7459.

from 9 to 11:30 p.m. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

Sin Miedo. 9:30 and 11:30 a.m., Strathmore Backyard Theater Stage. “Sin Miedo is a truly international group that makes the Afro Cuban rhythms of Salsa jump into your blood stream and move your hips around. Music-loving tikes will want to bring maracas and shake to the infectious beat of this D.C.-based salsa band. At 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or www.strathmore.org.

Summer Concert Series: “Nobody’s Business.” 7:30 p.m. Free. Enjoy free music in the Park during the Summer Concert Series in the Bumper Car Pavilion at Glen Echo Park. Call 301-634-2222.

FRIDAY/JULY 8

Pizza and Play. 5 to 6:30 p.m. With The Great Zucchini at My Gym Potomac. Fun and food and a show by The Great Zucchini, specializing in preschool and kindergarten magic shows. Tickets are \$10 each for members, \$15 for non-members, space is limited. At My Gym Potomac, located in Cabin John Mall. Call to sign up at 301-983-5300 mygypotomac@verizon.net.

SATURDAY/JULY 9

Trick Training: A Fun and Practical Way to Engage Your Dog. 2 to 4 p.m. With Ann Melchior, Instructor of Puppy, Basic and Trick classes. Trick training engages your dog physically and mentally. A dog that knows tricks will not only amuse, he will be a better companion and may even bring you a tissue when you sneeze. The speaker will give an overview of how to get started with trick training in hopes of convincing you to add a few tricks to your dog’s resume. Sponsored by Your Dog’s Friend at Potomac Community Center, 11315 Falls Road, Potomac. To register: www.yourdogsfriend.info or 301-983-5913.

Bethesda Artist Market. 10 a.m. to 5 p.m. Free. Enjoy original fine art and craft, as well as live entertainment. Shop for painting, jewelry, photography, wood, pottery, blown glass and more. Sponsored by: Bethesda Arts & Entertainment District

as part of Bethesda Urban Partnership. Located in downtown Bethesda at Norfolk Avenue in between Fairmont and St. Elmo Avenues, Bethesda. Call 301-215-6660 or visit www.bethesda.org.

Used Book Sale. 10 a.m. to 1 p.m. Potomac Library used book sale. Most hardbacks and large paperbacks (trades) are \$1 and all regular paperbacks are \$.50. All the books are donated by the community for the benefit of the library and can be dropped off any time the library is open. At 10101 Glenolden Dr., Potomac.

Swing Dancing. 9 p.m. to midnight. Admission is \$15. With the band, Blair Carman and the Bellevue Boys. Drop-in beginner swing lesson from 8 to 9 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo.

SUNDAY/JULY 10

Beethoven and Messiaen Concert. 3 p.m. Free. Chamber Music at Chevy Chase will present Beethoven’s “Ghost” Trio and Messiaen’s Quartet for the End of Time. The “Ghost” nickname of Opus 70, No. 1, comes from the eerie sound of the slow movement; and the music is performed by violin, cello, and piano. As for the Messiaen Quartet, it was created while the composer was interred in a German prison camp early in WWII and utilized the talents of a violinist, a cellist, and a clarinetist because those were the only professional musicians in the camp. Held in the sanctuary of Chevy Chase United Methodist Church, 7001 Connecticut Ave., Chevy Chase.

Canal Stewards Cleanup. Help the Conservancy clean up and beautify the land and water surrounding Lock 8, and along miles 8 and 9 of the C&O Canal towpath. At the River Center at Lock 8, 7906 Riverside Drive, Cabin John. Visit www.potomac.org/site/river-center-events/index.php.

WEDNESDAY, JULY 13

Armand Ntep. 7 p.m., Gudelsky Concert Gazebo. A native of Cameroon, Armand Ntep adds African beats and traditional Lihongo dance from his native country to jazz, salsa and hip-hop for an eclectic performance. At 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or www.strathmore.org.

THURSDAY/JULY 14

Slow Blues and Swing Dance. 9 to 11:30 p.m. Admission is \$8. With DJ Mike Marcotte and Guests. Slow blues lesson from 8:15 to 9 p.m. Dancing from 9 to 11:30 p.m. At the Back Room at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or go to info@CapitalBlues.org or www.CapitalBlues.org.

Taikoza. 9:30 and 11:30 a.m., Strathmore Backyard Theater Stage. Taikoza combines traditional costumes, dynamic motion and the colossal sounds of the magnificent Japanese taiko drums. At 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or www.strathmore.org.

SATURDAY/JULY 16

Bike Donations. Noon to 3 p.m. Put your old bike to good use by donating it to Bikes for the World on Saturday, July 16, from 12 noon – 3 p.m., at the Potomac Swim and Tennis Club, 10531 Oaklyn Dr, Potomac. Contact: Kirsten Quigley, brett_and_kirsten@msn.com, 301-802-9390. A donation of \$10 per bike is suggested to defray a share of expenses in shipping and handling; a receipt good for tax purposes is available. Visit www.bikesfortheworld.org.

LET'S TALK Real Estate



by Michael Matese

The Evolution of Luxury

One hundred years ago, luxury living was considered complete if you had indoor plumbing, but today often there are more bathrooms than there are bedrooms. The evolution of luxury homes has joined the twenty first century with a flourish. Today, the ‘must haves’ that top the list are items that hadn’t even entered the consciousness of home builders even a century ago.

Whether building or remodeling, today’s home owners are thinking “green” and buying “Smart” homes. Components such as eco friendly building/renovation materials, energy saving innovations in everything from water dispensers to solar panels are more prevalent than ever today.

Bathrooms with spa features that are built to conserve water, solar heating and smart appliances that cook well but save energy are making their way into homes every day. Hidden storage, televisions that can be put away to show, bathrooms that are more like spas, with their steam showers and heated floors are coming more and more to the forefront of home design and renovation.

When you’re looking for a new home or a vacation hideaway, let your Realtor know exactly what you’re looking for and she can make sure that all of your ‘favorite things’ are just waiting for you.

For professional advice on all aspects of buying and selling real estate, call:

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POTOMAC ALMANAC

SCHOOLS



46th Graduation

Connelly School of the Holy Child's 46th graduation took place June 3 at 4 p.m. at Our Lady of Mercy Church with 47 graduates in this class of 2011. Martha Nguyen, Holy Child alumna from the class of 1995 was the commencement speaker. Nguyen is a graduate of University of Pennsylvania and Georgetown University and is Regulatory Counsel at the U.S. Food and Drug Administration. The school's most distinguished award, the Mary C. Crivella Prize, is given to the graduate who has exhibited outstanding character, service and loyalty to the school over four years, and was awarded to Luciana Andrea Giorgio Cosenzo. Luci will be attending the University of North Carolina, Chapel Hill in the fall.



Exploring Fine Arts

For the second year in a row, the Fourth Presbyterian School's sixth grade theatre class participated in the Folger Shakespeare Library's 32nd Annual Children's Shakespeare Festival in Washington, D.C. on May 12. For one week, schools perform scenes from William Shakespeare's plays. The Fourth School theatre class performed a 20-minute edited script of Macbeth.



Fourth School was represented at the Music in the Parks Festival at Hershey Park on May 14 by its Golden Eagle Band (4th through 7th grades) and Fourth School Choir (3rd and 4th grades). At the culminating awards ceremony, the band and choir students learned they had earned First Place, and an "Excellent" and a "Superior" rating, respectively, the two highest ratings.



The Moses Series by the first grade class is on display in the children's alcove of the Potomac Library through May. This project was inspired by the study of Ancient Egypt in their classroom, along with Bible lessons about Joseph and Moses, and also learning about artist Jacob Lawrence in art class.



PHOTO BY LOUISE KRAFFT/THE ALMANAC

Award Winners

Andrea Miriviss of Potomac has spent the past five summers at writing workshops (first at Interlochen Arts Camp and then at The University of Virginia Young Writers Workshop.) Her favorite author is James Joyce and, although she says she can barely understand half of what he writes, she tries to put his spirit into her own writing. For the 2011 Scholastic Awards, Miriviss won a regional Gold Key and a national Gold Medal for her short story, "The Unfinished Notebook of Sid Vicious Ftizwilliam."



PHOTO BY LOUISE KRAFFT

Scott Goldstein of Potomac, who attends the Charles E. Smith Jewish Day School, and Haley Hassell of St. Stephan & St. Agnes School in Alexandria, Va., were among the regional winners at the Scholastic Art & Writing Awards on April 15. The awards are administered nationally by the Alliance for Young Artists & Writers and locally by the new regional affiliate, Writopia Lab, with the help of the D.C. Area Writing Project. For more information visit www.writopialab.org/parenthetical/



CONTRIBUTED PHOTO

Ruthie Prillaman, 16, of Potomac, says that most of the time, she ends up rescuing bits of poems that she'd scribbled in the margins of her school notebooks while her teachers weren't looking. She admires writers like Billy Collins and Tom Stoppard and aspires to be a playwright one day. For the 2011 Scholastic Awards, she won a regional Gold Key and a national Silver Medal for her poems, "Riderless," "Passagio," and "Behold the Man."



Cappie Award

Coleman Quimby, Walt Whitman High School, won the Lighting Cappie award for "Side Show" at the 12th annual Cappies Gala, Sunday, June 12 at The Kennedy Center in Washington, D.C.

HOME SALES

In May 2011, 52 Potomac homes sold between \$2,283,593-\$415,000. This week's list represents those homes sold in the \$790,000-\$415,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot	AC	Subdivision
1515 BLUE MEADOW RD	5	3	1	POTOMAC	\$790,000	Detached	0.35	HORIZON HILL		
11120 POST HOUSE CT	5	2	1	POTOMAC	\$779,000	Detached	0.35	FOX HILLS		
10316 GAINSBOROUGH RD	5	3	1	POTOMAC	\$775,000	Detached	0.24	SNUG HILL SIDE		
10237 GAINSBOROUGH RD	4	2	1	POTOMAC	\$775,000	Patio Home	0.10	EAST GATE OF POTOMAC		
10234 DEMOCRACY LN	4	2	2	POTOMAC	\$770,000	Patio Home	0.11	EAST GATE OF POTOMAC		
11112 DEBORAH DR	5	3	1	POTOMAC	\$767,000	Detached	0.27	INVERNESS FOREST		
11056 POWDER HORN DR	4	2	1	POTOMAC	\$750,000	Detached	0.25	FOX HILLS		
11135 DEBORAH DR	3	3	1	POTOMAC	\$750,000	Detached	0.39	INVERNESS FOREST		
1735 CRESTVIEW DR	4	3	1	POTOMAC	\$745,786	Detached	0.25	HORIZON HILL		
11105 HURDLE HILL DR	4	2	1	POTOMAC	\$738,950	Detached	0.27	FOX HILLS		
1131 HALESWORTH DR	4	3	1	POTOMAC	\$720,000	Detached	0.26	ORCHARD RIDGE		
1706 SUNRISE DR	5	3	1	POTOMAC	\$699,900	Detached	0.25	HORIZON HILL		
7829 WHITERIM TER	3	4	1	POTOMAC	\$690,000	Townhouse	0.10	FAWSETT FARMS MANOR		
8210 TUCKERMAN LN	4	3	1	POTOMAC	\$680,000	Detached	0.24	INVERNESS WOODS		
11819 PRESTWICK RD	4	2	1	POTOMAC	\$675,000	Detached	0.18	HIGHLAND STONE		
7902 DECLARATION LN	4	2	1	POTOMAC	\$660,000	Detached	0.23	REGENCY ESTATES		
2295 DUNSTER LN	4	2	1	POTOMAC	\$649,900	Detached	0.27	POTOMAC WOODS		
12111 GATEWATER DR	3	3	1	POTOMAC	\$639,900	Townhouse	0.10	FALLSBERRY		
12024 SMOKETREE RD	4	2	1	POTOMAC	\$620,000	Detached	0.23	REGENT PARK		
1726 GLASTONBERRY RD	4	2	1	POTOMAC	\$598,500	Detached	0.18	HORIZON HILL		
12026 GATEWATER DR	3	3	1	POTOMAC	\$580,000	Townhouse	0.05	FALLSBERRY		
11815 SMOKETREE RD	4	2	1	POTOMAC	\$570,000	Detached	0.23	REGENCY ESTATES		
2001 STRATTON DR	4	2	1	POTOMAC	\$505,000	Detached	0.31	POTOMAC WOODS		
8150 INVERNESS RIDGE RD	3	3	1	POTOMAC	\$462,000	Townhouse	0.05	INVERNESS FOREST TH		
10707 MUIRFIELD DR N	3	3	1	POTOMAC	\$455,000	Townhouse	0.03	INVERNESS NORTH		
10842 WHITERIM DR	4	1	1	POTOMAC	\$425,000	Townhouse	0.03	FAWSETT FARMS MANOR		
10933 DEBORAH DR	3	3	1	POTOMAC	\$415,000	Townhouse	0.08	INVERNESS FOREST TH		

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NEWS BRIEF

Cabin John Firefighters Receive \$71,500 Grant

The Cabin John Park Volunteer Fire Department has received a 2010 Federal Emergency Management Agency "SAFER" Grant of \$71,500.

The award is a cumulative total that covers three program areas involving recruitment and retention. The first amount of \$11,500 is to assist in the installation of a new computer operated signboard to replace an old signboard in front of the headquarters station, located at 8001 River Road. The second program area is in the amount of \$40,000 to provide for five college tuition scholarships for the most active riding volunteer firefighter/rescuers each year in the amount of \$2,000 each for a period of four years. The final program area is to provide for \$20,000 in advertising monies to recruit additional college live-in firefighters to take up residence at the Cabin John Park stations. This funding is to be used over

four years with \$5,000 allotted for each year.

The SAFER Grant, now in its sixth year, is a federally funded program designated to assist with the staffing of fire stations across the nation. Monies can be used along with various prescribed levels of local matching funds to hire additional career personnel or may be spent on a variety of recruitment and retention programs to assist with adding more volunteer service providers across the country.

This is the second federal grant the Department has received since the inception of fire department specific grant funding in 2002. The first year of another federal grant program, the Assistance to Firefighters Grant Program; the Cabin John Park Volunteer Fire Department received a \$198,000 grant to assist with the procurement of a new water tanker truck.

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The Potomac Almanac is looking for one or two writers to write one or two news stories a week. On-the-beat training, nominal pay per story. Please send resume, note outlining interest to Mary Kimm, mkimm@connectionnewspapers.com.

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SUMMER INTERNSHIPS AVAILABLE ONLINE INTERNS

Educational internships available for enthusiastic college students to join our new website launch team. This is an exciting opportunity to help develop content and sections for our new website, due to launch in late spring. Throughout the summer, we'll be adding specifics to our entertainment and events sections, creating special projects and content, and exploring new media. Internships are unpaid, but offer an unusual chance to work with award-winning editors while developing first-rate online presence. Summer internships require a commitment of at least six weeks, 16-40 hours a week. Please e-mail a statement of interest and a resume to internship@connectionnewspapers.com

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Law & Order: Ocala, The Day After



By KENNETH B. LOURIE

After sleeping on it, I woke up the next morning wondering what the bank was doing/planning to do – if anything, to catch this thief and retrieve the \$3,500, which was now really their money since I'm likely to be made whole. I had been told – and saw, actually, when I went to my branch yesterday, a photocopy of the actual withdrawal slip with my wife's signature on it from the Ocala, Fl. branch where this fraudulent transaction had occurred. Moreover, it was explained to me that this woman had a copy of my wife's driver's license as well (presumably altered with this woman's photograph), which provided enough of a signature and identification match that the bank felt compelled to authorize the withdrawal. After all, the depositor is entitled to withdraw their own money. And so it happened with nary a flag waved, red or other wise – until I raised it the day of. (See last week's column: "Law & Order: Ocala, The Day Of.")

Since the bank was following procedure – as it seemed to me during our phone and in-person meetings, I, too, started to follow a procedure – in my head, the procedure the bank might follow to identify and locate this thief and retrieve her ill-gotten gains. Given my hours of experience watching the CBS "procedural dramas" CSI/NCIS and the NBC Law & Order franchise on television, I felt fairly capable of solving this crime.

Since the bank had a copy of the actual withdrawal slip used for this transaction, I wondered then, presuming the "withdrawer" was not wearing gloves – in Florida, in May, that perhaps there were usable fingerprints or even DNA from the slip itself. And if there were, accessing AFIS (Automated Fingerprint Identification System) and/or CODIS (Combined DNA Index System) might "get a hit," as they say on television (maybe even real life, too). In addition, from personal observation (and from watching these programs), I know banks have video cameras pointed at the teller windows. It seems plausible to me that the bank could use the time stamp on the withdrawal entry (since such transactions are routinely processed by computer) to sync up with the time stamp on the video to generate a photograph of the woman who made this withdrawal.

If this means of identification was not sufficient, due to camera angles or clothing or whatever, perhaps the bank could use the same video camera – if it had a wide enough view, to follow the movements of this woman as she exited the bank. Once outside, the camera in the ATM machine or any other local security/surveillance cameras might capture her "leaving the scene." And if she left by car – which was likewise captured on video, traffic cameras (presuming they are in use in Ocala, Fl.) could be used, according to the shows I watch, to further track her movements. Also, in one of the camera angles, perhaps the car's license plate number and state of registration could be enhanced providing the authorities a potential means of identifying the owner of this vehicle. "Running the plate" through the Motor Vehicle Administration database could provide a current name and address and, Bob's your uncle, the thieves could soon be captured at their home – counting their/my/our money.

Now if the car was a rental, the authorities could get a copy of the credit card used for the rental and garner even more information. In learning that number, its usage could be monitored. Now having a name and a credit card, perhaps other personal-type information could be learned, like whether the suspect has a cell phone, which most people have. Once having that cell phone number, its calls could also be monitored and "pings" from cell towers would indicate, in real-time almost, where the suspects were at a certain time.

If the suspects used "throw-away" cell phones, had no credit cards, stole the car and all the video cameras showed no compelling means of identifying or even tracking the thief, then CSI:Ocala likely won't make it onto the fall schedule.

Kenny Lourie is an Advertising Representative for
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Running Clubs Provide Fun, Competition

Running with club members can help with motivation.

BY JON ROETMAN
THE ALMANAC

Paul Jacobson's desire to continue running into his 40s earned him personal recognition last year, when he was named the 2010 Montgomery County Road Runners Club's master Runner of the Year.

The effect of Jacobson's competitive nature on others, however, has been present for the last six years, while he was an assistant coach with the Churchill cross country team. This year, Jacobson will continue his influence on the Bulldogs with a new title: head coach.

Jacobson, 48, runs with members of the Churchill cross country team, helping push them to improve. Jacobson said Bulldog harriers comment that having their coach run with them has a positive influence.

Jacobson takes over a boys program that has finished state runner-up each of the last two seasons and figures to be a contender for the 2011 state crown. He said the girls team will be young.

"Some coaches don't, but I run with them," said Jacobson, adding he fares well against his pupils. "They keep me fresh. ... It's different when the kids see you doing it."

Jacobson has been running since he was a 16-year-old at Einstein High School in Kensington and he continues to do so at a high level. While running with the Bulldogs keeps Jacobson "fresh," the first-year head coach said he also enjoys competing with the Montgomery County Road Runners Club.

"It was kind of a relief," Jacobson said of winning the master Runner of the Year honor. "I have been nominated many times. It was very close. ... [Running is] definitely fun. I like the competition. ... I was a better runner when I was younger, but I still want to compete and be the best I can be."

The MCRRC offers programs for those ranging from 5K walkers to experienced marathoners, according to the club's Website. The club will be participating in the Midsummer Night's Mile at 7 p.m. on July 8 in Rockville and the Rockville Rotary Twilight 8K at 8:45 p.m. on July 16 in Rockville.

Visit mcrrc.org for more information.

Getting Back In Shape

Kevin Shaw didn't recognize the person in the photograph.

He did recognize it was time for a change.

Shaw was in his mid-40s when he saw a picture of himself painting a deck in Deep Creek, Md. At 5 feet 10, he weighed more

than 250 pounds. The image proved to be a life-changer.

"It was almost like I didn't recognize that person," he said. "... I was in an oversized XXXL T-shirt and I said, 'That can't be me,' and I realized it was."

Shaw and his wife, Suzanne, contacted a nutritionist. He also started walking. With time and effort, Shaw's walking turned to running. Within a year, he went from sitting on the couch to competing in a half marathon (13.1 miles). Within 18 months, he competed in a full marathon.

While working to shed pounds, Shaw joined the DC Road Runners running club in 2006 before joining the Reston Runners for two years. Now 51, the Kingstowne, Va., resident is president of the Kingstowne Striders, a group he helped launch in January of 2009. He weighs 168 pounds and has participated in three Iron Man triathlons and a pair of JFK 50-milers.

"I was really overweight," said Shaw, an information systems engineer with MITRE. "I lost 90 pounds during that process. I started walking and I wanted to do my first 5K and I wanted to run a little bit and eventually fell in love with running. ...

"I love to run. My worst day running is better than my best day at work."

Running clubs helped Shaw develop an enjoyment for the sport. Along with surrounding oneself with a motivating support group, running clubs offer a social aspect. Shaw said it is important to find the group that is the best fit for one's needs and goals.

"It's a relationship. Not all clubs are built for everyone," Shaw said. "... Just finding a group of people that you seem to click with and that inspire you [is important]. Keep trying folks until you find a group that you like."

Shaw started the Kingstowne Striders as a way to experience the enjoyment he felt as a member of the Reston Runners while being able to run and create a sense of community closer to home. The group started with nine members and now includes more than 90 families, Shaw said. The group, which contains runners of all ability levels, offers social workouts on Saturdays and Sundays and more competitive track workouts on Tuesdays. There are also members only interested in walking.

The Kingstowne Striders are involved in two events which give back to the community — The Springfield 15K/5K in June that raises money for youth programs in the greater Springfield area and the Jack T. Farrar Jr. "Fill the Shoes" 5K in November that raises money for pancreatic cancer research.

Running with the Kingstowne Striders is one way to stay motivated. Shaw also signs up for races well in advance, knowing he's going to compete one way or another, so he might as well make it easier on himself by staying in shape.

In terms of nutrition, Shaw said "I don't beat myself up" when he overeats, instead choosing to re-focus the next day. Also, he realized losing weight was going to take



SUBMITTED PHOTO

Paul Jacobson is a member of the Montgomery County Road Runners Club.

time.

"I didn't put all that weight on overnight," he said, "and it certainly wasn't coming off overnight."

Visit kingstownestridders.org for more information.

Sense of Community

Samantha Kirby Cole moved to Arlington, Va. in 1997 and it didn't take long for her

to find a sense of "community."

Cole, 42, competed in cross country and track while at Muskingum University in Ohio and wanted to get back into running after relocating to Arlington. She joined the Northern Virginia Running Club in 1998 after meeting a club member during her first race in the area.

Thirteen years later, Cole is co-president of the Nova Running Club and has worked her way from the club's level three, geared toward less experienced runners, to level one.

"I do it for fun and I do it stay in shape," she said. "... We're very community oriented. ... We offer a community kind of feel, not just running. We back each other up and step in and do what we can."

The group meets at T.C. Williams High School in Alexandria on Tuesdays. Members are trying to bring back a Thursday meeting in Arlington.

The three different group levels allow runners of all ability levels to join.

"I think of myself as being more competitive," Cole said. "I started off in group three and I moved up to group one. I try to compete, at least for my age. ... I think it's like a stress thing. I get to beat myself up for awhile and then I get to feel good about beating myself up. ...

"[I would tell beginners] just to show up. We've got a coach to at least get them started. Showing up is the first step to getting something started. ... You have people consistently there every week and they push" you.

Go to novarun.com for more information.

SPORTS BRIEFS

MCSL Week 2 Results

In Division A, Bethesda defeated Upper County 416-375. In Division B, Westleigh beat Potomac Glen 400-389 and Woodley Gardens beat Potomac Woods 412-380.

Darnestown defeated Potomac 437-354 in Division C action and in Division D, Tallyho beat Mohican 455-336.

Fall Tryouts

Fall tryouts for Churchill and Wootton sports begin Saturday, Aug. 13.

Eighth Annual Bulldog Golf Classic

The Eighth Annual Bulldog Golf Classic, an event organized by the Winston Churchill High School Athletic Booster Club, will be held Aug. 10 at Whiskey Creek Golf Club at 4804 Whiskey Court

in Ijamsville. The event is open to the community.

American Legion Baseball Players Wanted

The Montgomery College Rockville baseball team is looking for American Legion or showcase-quality players for the fall 2011 and spring 2012 seasons. The Rockville Express of the Cal Ripken League plays their home games at MC Rockville. Contact Coach Rick Price at 240-447-6948 for more information.

Sports Updates On Twitter

Follow sports editor Jon Roetman on Twitter at [@jonroetman](https://twitter.com/@jonroetman) for sports updates around Montgomery County and Northern Virginia.

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