

Potomac ALMANAC

235 Years Later

Fireworks explode
over Congressional
Country Club on
Monday, July 4
to celebrate
Independence Day.

A Call From God

NEWS, PAGE 3

\$215,000 for Autism Research

NEWS, PAGE 3

'Cuts for The Cure'

NEWS, PAGE 3

PHOTO BY DEBORAH STEVENS / THE ALMANAC CALENDAR, PAGE 6 ♦ SPORTS, PAGE 11 ♦ CLASSIFIED, PAGE 10



JULY 6-12, 2011

ONLINE AT POTOMACALMANAC.COM

Bicyclist Dies on C&O Canal Tow Path

Law enforcement rangers from the Chesapeake & Ohio Canal National Historical Park (C&O Canal) and Montgomery County, Maryland Fire and Rescue Department responded to a report of a bicyclist injured from a fallen tree near mile marker 33 along the C&O Canal tow path, between Whites Ferry and Edwards Ferry, Md. at approximately 6:55 p.m. Monday, July 3.

The bicyclist has been identified as 56-year-old Neil R. Reich of Forest Hills, N.Y. Reich was riding his bike with a companion on a two-day bike trip from Harpers Ferry, W.Va. to Washington, D.C.

According to the companion, Reich stopped to put on his rain coat due to a storm. His companion continued biking along the tow path and stopped further down the tow path to wait for Reich. When Reich did not arrive, the companion went back to find Reich and had to traverse around some trees that had fallen. The companion then found that Reich had been struck by a fallen tree. The companion called 911 and Montgomery County Fire and Rescue responded to the area. The squad had to chain saw numerous trees to gain tow path access to Reich. The tree struck Reich in the head area; he died at the scene.

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LET'S TALK Real Estate



by
Michael Matese

Designing Your Home

You've bought the beautiful home of your dreams and you have excellent taste, so you don't want to hire a designer, you want to do it yourself. Where do you start?

Fine a rare or one of a kind piece of art or a piece of furniture as each room's focal point. Good items to choose are an original painting, perhaps an antique piece of furniture that's dramatic and will draw visitor's eye to it. That one piece will command the attention of the room, no matter what else is in it.

Highlight interior contents with neutral, rich wall colors so that art and accessories aren't overwhelmed by bright colors. Designate one wall to be an accent wall, a brighter color than the rest. Don't use white unless you're looking for that high contrast of black and white, staying instead with warm, muted browns or tans.

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

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Mike@michaelmatese.com.



Wearable Art

Silversmith Blair Anderson displays her work at "The Fifth Element: Stories in Wearable Art" exhibition in the Popcorn Gallery at Glen Echo Park on Saturday, July 2. See www.silverworksglenechopark.com

PHOTO BY
DEBORAH STEVENS/
THE ALMANAC

The Buzz about Stella's

Potomac owners pleased by positive response in first four months.

BY SUSAN BELFORD
THE ALMANAC

Fresh fish grilled "Greek-style," with lemon and olive oil. Lobster guacamole prepared specially for each table. Crab cakes cooked to perfection. Stella's Restaurant — a 10 minute drive from Potomac Village — has been open for only a few months, but diners have discovered it and are returning time and time again.

Owners George and Stratton Liapis of Potomac are happy with the initial response from patrons. When they opened the restaurant, they decided they wanted to give their guests a downtown D.C. restaurant experience within a 10-minute drive. Their American Continental menu is varied and value-oriented. It includes both "small plates" and full entrees, salads and an extensive, yet moderately priced wine list.

Chef Ray Niederhausen, a graduate of the Stratford Culinary Institute, was most recently the sous chef at Kellari Taverna in Washington, D.C. He also has a Servsafe Certification, allowing him to teach chefs the food safety standards required by the Montgomery County Health Department.

Niederhausen makes certain the fish is the freshest he can buy. The one or two-pound fish is grilled



PHOTO BY SUSAN BELFORD/THE ALMANAC

Stratton and George Liapis, owners of Stella's Restaurant

with lemon and olive oil, served whole and filleted at the table. Accompanied with fresh vegetables, the entrée is low in fat and calories. Other Niederhausen specialties include citrus salmon, lamb chops and the veal chop.

Both Liapises are interested in constantly improving their menu and attracting new customers.

"We plan to feature live music Friday evenings on our patio," said George Liapis. "We will also be adding buffalo and venison this fall. We have a private dining room that can be reserved for parties up to 50 people. We will also make the entire restaurant available for weddings and other parties during the day on Saturdays and Sundays."

Stratton Liapis describes some of their regular specials: "We have 'Wine Down Mondays' featuring \$10 bottles of wine, and we also send out coupons to our neighborhoods and regular customers. Business is good, but we are al

SEE AT STELLA'S, PAGE 10

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Team Eldwick prepares for the Autism Speaks 5K.

Raising Over \$215,000

July 4 Run benefits Autism Speaks.

BY SUSAN BELFORD
THE ALMANAC

Gretchen Bolton of Bethesda said that four years ago the Autism Speaks 5K was the first race she ever ran — and now she is in training for a marathon. “It’s a good community race for a wonderful cause,” she said.

Heidi Travis, of the Connelly School of the Holy Child Team said that in her daughter’s class of 14 students, two families are impacted by brothers with autism and aspersers — quite a high percentage.

Churchill High School students Michelle Zimmerman and Brittany Goodman have a very good friend whose brother is autistic.

These stories were repeated time and time again by the runners and walkers of the Autism Speaks 5K held July 4 in Potomac Village. Over 1,500 people participated — and raised over \$215,000 for research and awareness for autism. The racers were old, young, families, fit, unfit — all were working together to find a cure for autism.

Team Eldwick consisted of more than 75 runners, raising more than \$3,000. Carderock Kids had the largest team — and the Owen’s Turn team was a “green machine” decked out in green t-shirts just for the race. Evan’s Entourage featured young and old.

Susan Pereles, founder of the 5K Walk and Race for Autism Speaks, is pleased with the results of this year’s event. Many teams and individuals for the Potomac/Bethesda communities participated to make the 11th annual race and walk successful.

‘Cuts for the Cure’

George Bacchus Salon supports Komen team.

BY SUSAN BELFORD
THE ALMANAC

Vicki Einsel was devastated when her best friend Michele Hinkle was diagnosed with inflammatory breast cancer at age 45. Seven months later, Michele died, leaving a broken-hearted husband, 16-year-old son and a multitude of distraught friends and family members.

Einsel needed to deal with her grief by taking action. She and Michele’s son decided to celebrate Michele’s life by forming a team for the Susan G. Komen Foundation 3-Day for the Cure walk. The two are chairing the “Come On” ... Find a Cure team to raise funds for breast cancer research. Along with 29 friends, they have already raised more than \$54,000 — more than any other team.

“The 3 Day Walk is a positive way to remember her life,” Einsel said. It will take place on Sept. 23, 24 and 25 in Washington, D.C. “I felt I could not just sit at home and mourn my best friend’s passing — I had to do something in her honor. So we decided to raise money, and hopefully find a cure for this dreaded disease.”

Einsel has been a customer at the George Bacchus Salon and Spa in Potomac for many years. She told George Bacchus, her hairdresser, about her team and asked if she could put a small jar in the salon to collect money for the team. Bacchus told her that his salon would join in to raise money by doing a “Cuts for the Cure” event — and they would donate everything the shop earned that evening to the cause. All the stylists in the shop volunteered, more than 50 customers signed up for haircuts, other clients gave donations and the shop ex-



George Bacchus gives a Cut for the Cure.

tended its hours until late in the evening. Then Black 15-in-1 Miracle Hair Treatment, a product line carried in the shop, also got involved, partnering with the shop to help sponsor the event. The Black 15-in-1 product is a styling and leave-in hair treatment in one bottle. The shop demonstrated the Black 15-in-1 treatment through blow-dries and haircuts. All proceeds from the sale of Black 15-in-1 were donated to the team.

Guests received complimentary drinks, hors d’oeuvres and a gift bag. The gift bags, assembled by store manager Erin Clott, contained coupons from Emily Grace, Moda Optic and George Bacchus. They also contained a myriad of samples from L’Oreal and Black 15-in-1.

The event raised more than \$2,000 for the Susan G. Komen Foundation.

Bacchus said, “We always need to give back. We are so happy to hold this event for our dear friend and client Vicki Einsel and to honor her friend Michele. Each of the stylists has had customers with breast cancer, and the entire staff was pleased to be able to support this worthwhile cause.”

New Pastor Leads Potomac Presbyterian Church

“An ability to connect with people across generations.”

BY MARILYN CAMPBELL
THE ALMANAC

Sean Miller was on his way to becoming a band instructor. He was planning to major in music education at the University of Colorado at Boulder. But during the summer after his freshman year of college, he went on a mission trip and heard a call from God that put him on a different path.

“There was no flash of light on the top of a mountain,” said Miller. “But it was a life-changing experience.” Miller said the call came in the form of personal reflection and encouragement from others who were on the trip.

Today Miller is an ordained minister and the new pastor of Potomac Presbyterian

Church (PPC), a congregation of more than 400 members. His position became official at a Service of Installation on Sunday, June 26.

An eight-member Pastor Nominating Committee selected Miller from a pool of almost 150 applicants. The committee, a group of church members elected by parishioners chose Miller to replace their pastor of 25 years, who retired in 2010. He emerged from a pool of almost 150 applicants, three of whom made it to an intensive interview stage.

Committee member Joyce Jenkins of Potomac has been a member of the Potomac Presbyterian Church for more than 45 years. She says the committee’s decision to choose Miller was unanimous.

“Everyone felt a strong bond with him,”

said Jenkins. “His sermons are genuine, and as one person on the committee put it, you find yourself still thinking about [his sermons] later on during the week.”

Committee Co-Chairman Cathryn White, who has been a member of PPC for 10 years, says that at first the committee was concerned that Miller was only 31. “It was something that was in the back of everyone’s mind,” said White, who also lives in Potomac. “But when we met him he seemed wise beyond his years. It shows in his mannerism and his presence.”

MILLER’S MISSION WORK played a role in influencing the committee’s decision. “He has a strong mission background abroad and in the United States. That was one cri-

SEE NEW PASTOR, PAGE 10



Sean Miller speaking with Joyce Jenkins before the installation.

OPINION

Clarifying Current Brickyard Site Proposal

To the Editor:

The following letter was addressed to County Executive Isiah Leggett.

We thank you and your staff for meeting with us in your offices on June 21. The high attendance (200-plus) and level of participation at the two public meetings on April 4 and June 9 bear witness to the deep concern and frustration over your proposal to develop soccer fields on the current 20-acre site of Nick's Organic Farm which has been leased from MCPS for the last 31 years. Our primary purpose in meeting with you was to request that our input as a community be given more consideration since you have been pursuing the idea of soccer fields on the site for at least two years without the communities' knowledge.

This letter is an effort to clarify what we understand to be your position on a number of issues related to the proposal. Please correct any mistakes in our current perception. Like you, we have constituents to which we feel responsible so accuracy of information is critical to us.

The following is our understanding of your position on the issues raised at our meeting and questions regarding them:

❖ **Public Input** - It is your belief the Potomac community is currently engaged in the only process to which they are legally entitled which includes public meetings like those on April 4 and June 9 as well as participation in the Request For Proposals (RFP) process, since there exists no formal "process" which obliges you to seek community input to pursue an "idea." Public involvement will increase once the RFP yields a candidate to develop the site and a plan goes to Mandatory Referral at Maryland National Capital Park and Planning Commission (MNCPPC) At that point, environmental and traffic studies will be undertaken as part of their review.

❖ **Master Plan** - Your office is pursuing an idea proposed roughly 2 years ago by soccer interests to increase the number of soccer fields in the down county. You believe a need for

more fields exists and that the Potomac Subregion Master Plan provides the basis and rationale for your proposal. To that end, you have signed a lease with MCBOE for the site and are moving forward with the (RFP) process. We welcome your commitment to the Mandatory Referral process but you did not answer the question of whether you would abide by the Planning Commission findings once they are rendered.

❖ **Dual Use** - You are currently committed to dual use of the 20-acre site. You said this means attempting to place both soccer fields and some permutation of Nick's Organic Farm on the same site. You intend to weight RFP proposals toward achieving this goal. In keeping with this commitment, you have stipulated that there will be no lighted fields, no artificial turf or sound system on the site. You also said an RFP proposal for one field on the site would meet County objectives.

❖ **Traffic** - You asserted that weekday traffic will not be impacted by your plan but provided no support for the assertion unless you believe lack of lights and sound system will lead to that end. Do you intend to restrict field use for soccer practice and games during the week? If so, how? Brickyard Road already has safety issues on weekends caused by the heavy volume of bicycle traffic. Given that soccer field use would be heaviest on weekends, are you considering limiting or banning bicycle traffic for Brickyard Road, McArthur Boulevard and Falls Road? If so, how?

❖ **Lease Modification** - You acknowledge misconceptions created by language in the lease you signed with the Montgomery County Board of Education (MCBOE). These include references to the site being used "only for ball fields." It is your intention to make all corrections to the lease at the same time; when the RFP is complete. This includes adding language to the lease that the Brickyard site may be used for an organic farm and the insertion of the restrictions of no lights, no artificial turf and no sound system.

❖ **Extension of Comment Period** - At our re-

quest, you have agreed to extend the comment period on the RFP proposal from June 30 to Sept. 1. You have also agreed to alter the County website devoted to this proposal so that it reflects your commitment to a dual purpose and to post ideas and comments garnered from the two public meetings where you collected the information via flip charts.

In conclusion: We differ in our interpretation of language regarding Brickyard Middle School site and other school sites referenced in the Potomac Subregion Master Plan and believe that your proposal constitutes a significant departure from what the community expected based on the recommendations found there. We further believe such a departure coupled with the fact that this proposal sets a precedent, warranted engaging us much earlier, particularly when the MCBOE determined the site would not go through the surplus process as anticipated in the Potomac Subregion Master Plan. We continue to believe that the public deserves at least the same amount of time to be involved in considering appropriate use of this property as was spent by the County behind closed doors before the lease was signed.

Again, thank you for the opportunity to discuss our concerns. We hope it won't be the last meeting we will have with you on this proposal. Nick's Organic Farm has not only been a good neighbor but an excellent steward of the land and in doing so, created something unique to Montgomery County and the Chesapeake region. We intend to be vigilant throughout the months ahead. We too believe we have the greater public good to consider.

Ginny Barnes - President of West Montgomery County Citizens Association (WMCCA)

Ted Duncan - President of Citizens Association of River Falls (CARF)

Keith Williams - VP of CARF

Elle Cain - Board Member of WMCCA

Curt Uhre - Member - Brickyard Coalition

School Board Violated Open Meetings Act

To the Editor:

On June 27, the Maryland Open Meetings Compliance Board issued a seven-page advisory opinion that confirms what Potomac residents already knew. The March 8 decision of the Montgomery County Board of Education to lease the 20-acre Brickyard Middle School site to Montgomery County was a surprise, and under Maryland law citizens have the right to not be surprised by these decisions.

The opinion of the Compliance Board concluded that the Board of Education violated the Open Meetings Act in a number of ways, thereby preventing the public from being able to observe the discussions of the Board of Education as they deliberated and made decisions to transfer the 20-acre Brickyard site to the County.

The Open Meetings Act permits a board to go into a closed session to "consider the acquisition of real property for a public purpose" However, the Board of Education replaced the word "acquisition" with the word "use" in their meeting announcement and then met in closed

session to discuss leasing the Brickyard site to the County. The Compliance Board found this alteration of the statute "doubly problematic." The word switch changed the text of the statute and covered up the true nature of the discussion that occurred behind closed doors. Whether this word substitution was the result of intent to purposely mislead the public or poor legal advice is unknown. The Compliance Board found that the reasons given by the Board of Education to discuss the leasing of the Brickyard site in closed session were not acceptable reasons to permit the discussion to be held out of the public view.

What the public does know is that this was not the first time the Board of Education was found violating the Open Meetings Act. The Compliance Board made a similar finding about the Board of Education in 2009.

The consequence of the behind-closed-door discussion of the Brickyard site was that public school children lost the use of 20 acres of dedicated public school land. As part of the county land use planning, certain properties

are set aside as dedicated school sites, in trust to the school system, for educational use. There was no public discussion or debate about the possible uses of this land and there was no opportunity for parents or PTAs to weigh in on this decision.

Once school land is used for nonpublic school purposes, the property is rarely, if ever, reclaimed. We are now seeing the ghosts of past school land transfers in the Bethesda, Kensington and Rockville communities, where new schools are needed but land is not available. Moving 20 acres of public school land to a nonpublic school use robs students of a valuable asset.

The intent of the Open Meetings Act is that the public should not be surprised by decisions of public bodies. In the decision to transfer the Brickyard site to the County for a private use, the Board of Education played hide and seek, and the students lost.

Janis Zink Sartucci

The complaint to the Maryland Open Meetings Compliance Board was filed by the writer, Janis Zink Sartucci of Potomac, and Rosanne Hurwitz of Rockville.

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PEOPLE

Churchill Grad Offers 'Ivy Insider' Training

Free test and workshop on Saturday.

BY COLLEEN HEALY
THE ALMANAC

Matt Morgante remembers what it is like taking the SAT test: sweaty palms, knots in your stomach, a sleepless night before the big test. He graduated from Walt Whitman high school three years ago and is currently a rising senior at Cornell University where he majors in Industrial and Labor Relations (ILR) and is an active member of the ILR Sports Management club, the Cornell debate and forensics society, and Delta Upsilon fraternity.

While attending Walt Whitman High School, Matt was a 4-year member of the football team, earned AP Scholar honors, and volunteered for Montgomery County Department of Recreation as a mainstream companion for children with mental disabilities. He scored in the 98th percentile on the SAT and the 99th percentile on the ACT, and completed 9 AP classes before graduating from Whitman in 2008. He wants to use his test taking skills to help current high school students. This summer, he is working for Ivy Insiders, a company that offers classes and private tutoring throughout the summer in the SAT, ACT, and SAT II subject tests, in addition to academic tutoring.

"Ivy Insiders helps students to get into test mode. You should think of the SAT test as a game with twists and turns. The logic is always the same with the same types of questions and same essay.

The SATs are simpler than a calculus test you get in high school. You need to use a logic game and eliminate the wrong answer and improve your score through educated guessing and logic. On the SAT every question will try and trick you by offering you a solution that is almost correct or looks correct. The question's intent is to try and trick the person taking the test. I want the students to get a better score and get into the college they want," he said.



Matt Morgante

Ivy Insiders will be holding a free full-length SAT Exam at River Road Unitarian Church (6301 River Road, Bethesda) on July 9 at 9 a.m. The exam typically goes from 9 a.m.-1 p.m., and from 1-2 p.m. there will be a free workshop for both parents and students to learn about the SAT as a test, the Ivy Insiders program, and how students can learn to perform well on the exam.

The test results are back within 48 hours, and then Ivy Insiders will call students and parents for a free in-person score consultation. This allows students to see where they can improve their scores, both through aspects of the curriculum and learning effective test-taking strategies. For more information go to http://www.revolutionprep.com/instructors/matthew_m_2.

More Ivy Insiders

Katie Ni and Victoria Chang, graduates of Richard Montgomery High School and current students at Duke University and Stanford University respectively, have been selected to bring Revolution Prep's Ivy Insiders programs to Rockville.

"We teach the test like it's a game to be beaten," said Ni who scored a perfect 2400, "As seasoned players who have succeeded on the SAT ourselves and have been trained in Revolution Prep's curriculum, we are relatable and knowledgeable instructors."

Chang, a Potomac resident, added, "This is probably the most important test many students will ever take. Because it represents between 25 and 35 percent of the college admissions decision, the SAT is the best way to dramatically improve how colleges look at you. Katie and I want to help students in our community to get into their top-choice schools, and we don't want



Katie Ni



Victoria Chang

money to be an issue. To this end, we are offering several free full-length SATs and free SAT workshops throughout the summer to help students practice. We are offering discounts and scholarships for our courses as well." Chang scored a 2390 on the exam.

Chang and Ni held their first free mock exam on June 18, attracting almost 70 local rising juniors and seniors.

Revolution Prep will run Ivy Insiders courses and tutoring programs in Montgomery County throughout this summer. For more information, email victoria_chang@ivyinsiders.com.

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ENTERTAINMENT

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, JULY 6

Chooteeth 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 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

Swing Dance. 9 p.m. to midnight. Admission is \$15. With the Boilermaker Jazz Band. Beginner swing lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Contact dbarker@glenechopark.org, call 301-634-2231, or go to www.DanceDC.net.

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; mygmpotomac@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 Belleview 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.

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, features Musico the Magnificent - aka Drew Owen, cellist and WCM faculty member. In Washington Conservatory's recital hall. Tickets are \$10 at www.WashingtonConservatory. Call 301-320-2770.

SUNDAY/JULY 10

Mushroom Walk. 9 to 10:15 a.m. Take a walk along the C&O Canal to learn about mushrooms

with mushroom enthusiast Buddy Kilpatrick. Buddy has been studying, picking, and eating wild edible mushrooms and fungi for more than 20 years. Meets at River Center at Lock 8, 7906 Riverside Drive, Cabin John. Visit www.potomac.org/site/river-center-events/index.php.

Zydeco Dance Party. 3:30 to 6 p.m. Admission is \$15. With the band, Johnny Ace and Sidewalk Zydeco. Introductory Zydeco dance lesson from 3 to 3:30 p.m. At the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Michael Hart at 301-762-6730 or Glen Echo Park at 301-634-2222, or go to www.DancingbytheBayou.com.

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. At Chevy Chase United Methodist Church, 7001 Connecticut Ave., Chevy Chase.

Canal Stewards Cleanup. 10:30 a.m. to 12:30 p.m. 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.

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.

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.

FRIDAY/JULY 15

Slow Blues and Swing Dance. 9 p.m. to midnight. Admission is \$14. With the Memphis Gold Band. Slow blues lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Bumper Car Pavilion at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call Donna Barker at 301-634-2231 or Glen Echo Park at 301-634-2222.

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.

Slow Blues and Swing Dance. 9 p.m. to midnight. Admission is \$15. With the Kim Massie and the Solid Senders Band. Slow blues lesson from 8 to 9 p.m.; dancing from 9 p.m. to midnight. At the Spanish Ballroom 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.

Pizza and Play with Groovy Nate. 1 to 2:30 p.m. At My Gym Bethesda. Fun and food and a show by Groovy Nate - children's entertainer, musician and song-writer. Tickets are \$10 each for members, \$15 for non-members, space is limited. At My Gym Bethesda, located across from the Whole Foods on River Road. Call 301-652-2800 or visit mygymbethesda@verizon.net.



JULY 22 TO SEPT. 4

"The Wizard of Oz." Ticket are \$10 adults and children. Presented by the Puppet Co. Playhouse. Set at the Kansas State Fair in 1900, live actors tell a story within a story using a wide variety of puppet styles, including masks, tabletop puppets, marionettes and moving-mouth puppets. Show times are Thursdays and Fridays at 10 and 11:30 a.m.; Saturdays and Sundays at 11:30 a.m. and 1 p.m. Call 301-634-5380 or www.thepuppetco.org.

NOW THROUGH JULY 17

"The Great Dinosaur Mystery". Thursdays and Fridays at 10 a.m. and 11:30 a.m., Saturdays and Sundays at 11:30 a.m. and 1 p.m. The Puppet Co. presents "The Great Dinosaur Mystery." Recommended for PreK - Grade 4. Running time is 50 minutes. Tickets \$10, group rates available. Call 301-634-5380 or visit: www.thepuppetco.org.

NOW THROUGH SEPT. 5

"Charlotte's Web." Tuesday-Friday, 10:30 a.m.; Saturdays and Sundays, 11 a.m. and 2 p.m. Adventure Theatre presents "Charlotte's Web." E. B. White's popular tale of love and devotion takes theatergoers to Zuckerman's Farm, where the delightful runt pig Wilbur appears headed for the dinner table - as a main course, not as a guest! Yet he is saved by the remarkably crafty spider, Charlotte, and the whole town begins talking about it. Some pig! Appropriate for ages 3 and up. Tickets \$15. Call 301-634-2270 or visit: adventuretheatre.org.

JULY 22 TO AUG. 14, 2011

The Wind in the Willows. Saturdays and Sundays at 1:30 and 4 p.m. Some Saturday 11 a.m. performances. Tickets are \$10-\$22, with group rates available. This musical retelling of the classic is faithful to the novel and features the characters Mr. Toad, Mole, Ratty and Mr. Badger. At Imagination Stage, 4908 Auburn Avenue, Bethesda. Visit www.imaginationstage.org.

NOW THROUGH JULY 31

"Tiny Tots @ 10." 10 a.m. "Tiny Tots @ 10" is designed for young children ages 0-4. The program features master puppeteer Bob Brown. The lights stay on, the doors stay open, and everyone has a great time! Tickets are \$5. All individuals must have a ticket, including babes-in-arms. Running time is 30 minutes. Email: c.piper@thepuppetco.org or visit www.thepuppetco.org. For reservations, call 301-634-5380.

- ❖ July 6 - "Second-Hand Stars"
- ❖ July 9 - "Penguins' Playground"
- ❖ July 10 - "Old McDonald's Farm"
- ❖ July 13 - "Penguins' Playground"
- ❖ July 16 - "Dragon Bandwagon"
- ❖ July 17 - "Teddy Bear's Picnic"

- ❖ July 24 - "Baby Bear's Birthday"
- ❖ July 27 - "Baby Bear's Birthday"
- ❖ July 31 - "Kooky Kreatures"
- ❖ Aug. 3 - "Old McDonald's Farm"
- ❖ Aug. 6 - "Old McDonald's Farm"
- ❖ Aug. 7 - "Clowning Around"
- ❖ Aug. 10 - "World on a String"
- ❖ Aug. 13 - "World on a String"
- ❖ Aug. 17 - "Clowning Around"
- ❖ Aug. 20 - "Clowning Around"
- ❖ Aug. 21 - "Penguins' Playground"
- ❖ Aug. 24 - "Panda-Monium"
- ❖ Aug. 27 - "Panda-Monium"
- ❖ Aug. 31 - "Merlin's Magic"



C. STANLEY PHOTOGRAPHY

Hyla Matthews Heyniger as Calypso and Rex Daugherty as Jack in Imagination Stage's production of "Aquarium."

JULY 9 TO 31

"Aquarium." 10:30 a.m. and 11:45 a.m. Appropriate for ages 1 to 5; tickets are \$10, with a \$5 lap seat for children under 12 months. At Imagination Stage's Christopher and Dana Reeve Studio Theater, 4908 Auburn Ave., Bethesda. Tickets may be purchased online at www.imaginationstage.org, at the Imagination Stage box office, or via phone at 301-280-1660.

FINE ARTS

JULY 16 TO AUG. 27

"Joy of Color." Presenting new artist Tom Hlas in E9's Summer Exhibit. Also a rare and permanent collection of well known Iranian artists (selling artworks at Christie's auction house). Opening reception is Saturday, July 16 from 3 to 8 p.m. RSVP via email at 202-276-9419. At E9 Gallery in Potomac. Visit <http://www.tomhlas.com/html/paintings.html#>

NOW THROUGH OCT. 16

Flora Photographica: A Study in Contrast. Free. Large-format images by photographers Robert Llewellyn and Andrea Ottesen. The two-artist exhibit presents bold, crisp and colorfully arresting images of plants juxtaposed to elegant, deeply detailed and gently provocative studies in plant form. On display at the U.S. Botanic Garden Conservatory's East Gallery, 100 Maryland Ave., S.W., Washington. Hours are 10 a.m. to 5 p.m. daily. Visit www.usbg.gov.

NOW THROUGH JULY 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. Visit www.silverworksglenechopark.com or call 301-634-5385.

NOW THROUGH JULY 31

"8 Pairs of Eyes." Free. Featuring photographers Wendy De Wolfe, Stephen Gawarecki, Stuart Glickman, Phil Napala, Rob Rudick, Bert Shankman, Linda Silvers, and Michael Tran. A Meet-the-Artist's reception is Sunday, July 10 from 1:30 to 3:30 p.m. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

JULY 16 AND 17

In Love With Color. Noon to 5 p.m. Recent oil and acrylic landscape paintings by Joanie Grosfeld. She paints on location, focusing on the poetry, luminosity, color and rhythm of nature. The public is invited to an opening reception Saturday, July 16, from 6-8 p.m. At The Yellow Barn Gallery, 7300 MacArthur Blvd., Glen Echo. Call 301-942-3230 or joaniemarion@yahoo.com

Bethesda Art Walk 1⁰⁰s July 8

The Bethesda Art Walk will feature seven art galleries hosting art exhibitions on Friday, July 8 from 6-9 p.m. The opening exhibitions will include painting, sculpture, photography, pottery, mixed media and more. The Bethesda Art Walk takes place the second Friday of every month from 6-9 p.m. Additional information including a map showing each gallery location can be found at www.bethesda.org.

GALLERIES

❖ **Artery Plaza Gallery**, 7200 Wisconsin Avenue
Nature's Elements: Beauty and Structure. This exhibit features paintings by Freya Grand and sculpture by Michael Enn Sirvet.

❖ **Gallery 360**, 4836 Rugby Avenue
The People of Guatemala
Featuring photographs by Chris Hanessian including a series of photos depicting native Mayans living in villages surrounding Lake Atitlan in central Guatemala.

www.CONNECTIONNEWSPAPERS.COM



Tory Cowles working in Studio 7 at the Torpedo Factory.

JULY 2 TO AUG. 14

Potomac resident Tory Cowles, the Torpedo Factory Artist of the Year, will receive her award from juror, Harry Cooper, curator and Head of Modern and Contemporary Art, National Gallery of Art, on Thursday, July 14 from 6 - 8 p.m. at the Target Gallery opening of her solo show, "Living LARGE". Contemporary, colorful paintings on a big scale fill the Target Gallery in the Torpedo Factory, 105 N. Union St., Alexandria, Va., from July 2 - Aug. 14. See more of her work in Studio 7, next to the Target Gallery, or visit www.ToryCowles.com.

NOW THROUGH JULY 9

Biennial Exhibition. Free. Creative Crafts Council's 28th Biennial Exhibition. The Mansion at Strathmore will showcase 180 pieces of fine contemporary craft from the region's most accomplished, skillful and innovative artisans. The pieces exhibited in the Mansion galleries were jury-selected from more than 500 works submitted for consideration. Works featured in the exhibition are available for purchase by the avid craft collector or casual admirer, and range from \$75 to \$7,500. At the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Call 301-581-5200 or visit www.strathmore.org.



❖ **The Mindfulness Center**, 4963 Elm Street
Great Falls and Mather Gorge
Roy Sewall presents photographs from Great Falls and Mather Gorge. The book explores Great Falls on the Potomac River, including two National Parks: Chesapeake and Ohio Canal National Historical Park, Maryland and Great Falls Park, Virginia

NOW THROUGH JULY 17

"The Circus Show" — A photography exhibit exploring the wonder, magic and mystery of the circus. Free. The show includes works by August Sander, Lusha Nelson, Bruce Davidson, Benita Keller, Tom Cheche, Gayle Rothschild, Frank Van Riper, Victoria Gewirz, and Frank Herrera. At Photoworks Gallery at Glen Echo Park, 7300 MacArthur Blvd. Glen Echo.

JULY 9 - 10

Paintings by Sarah Becker. 12 p.m. - 5 p.m. The Yellow Barn Studio, Glen Echo Park's resident painting and drawing studio, presents works by Sarah Becker in the Yellow Barn Gallery at Glen Echo Park. Call 301-371-5593 or visit www.yellowbarnstudio.com.

SUNDAY/JULY 10

Coffee and Critique 10 a.m. - Noon. A monthly Sunday morning photo jam session at Photoworks studio. Bring photos to a morning critique led by a Photoworks faculty member. Enjoy the camaraderie of your peers, along with coffee and bagels and a lively discussion of your images. In the Photoworks Studio. Call 301-229-7930 or visit www.glenechophotoworks.org.

JULY 16 -17

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

JULY 23-24

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

❖ **Orchard Gallery**, 7917 Norfolk Avenue
Fresh Breeze
Acrylic, oil and mixed media paintings by Virginia artist Songmi Park.

❖ **Upstairs Art Studios**, 4948 St. Elmo Avenue
Artwork by members Sheryl Staren and Cookie Kerxton
Staren works with mixed media to create original abstracts, and Kerxton uses acrylic and prints.

❖ **Waverly Street Gallery**, 4600 East West Highway
Shore Houses

Jean Hiron, an adjunct professor at Montgomery College, explores the love of "a house by the sea" in her show Shore Houses. The houses range from the Mid-Atlantic coast to the rugged and disappearing coastline of California. The pastel paintings depict houses beaten by the forces of wind and fog, but lovingly maintained over time.

For more information, call 301-215-6660 or visit www.bethesda.org.

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Potomac (20854)

10038 Carmelita Dr.....\$1,125,000.....Sun 1-4.....Yasmin Abadian.....Long & Foster...301-983-1212
 10408 Flowerfield Way.....\$719,000.....Sun 1-4.....Guoying Li.....Jobin Realty...301-523-0028
 10633 Willowbrook Dr.....\$1,599,900.....Sat/Sun 1-4.....Autumn Ambrose...Potomac Heritage Homes...240-453-9444
 11204 Blackhorse Ct.....\$789,000.....Sun 1-4.....Pam Schiattareggia.....Long & Foster...301-802-7796
 11409 Falls.....\$1,795,000.....Sun 1-4.....Norman Domingo.....Xreality...888-838-9044
 12527 Grey Fox Ln.....\$1,360,000.....Sun 1-4.....Val Puddington.....Coldwell Banker...301-613-1833
 9029 Marseille Dr.....\$775,000.....Sun 1-4.....Andy Alderdice.....WC & AN Miller...301-466-5898

Rockville (20850, 20852)

121 Elmcroft Blvd.....\$559,900.....Sun 1-4.....Hall Wang.....UnionPlus...202-276-6928
 502 King Farm Blvd #305.....\$339,000.....Sat 1:30-3:30.....Gisela Goldberg.....Fairfax Realty...301-793-9993
 700 Baltimore Rd.....\$339,900.....Sat 2-4.....Vladimir Gherman.....Belinsky Real Estate...703-909-5487
 9704 Delamere Ct.....\$710,000.....Sun 1-4.....Jessica Alderdice.....WC & AN Miller...301-518-9084
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 11750 Old Georgetown Rd #2236...\$464,495...Sat/Sun 11-6.....Bob Lucido.....Toll Realty...410-979-6024
 11750 Old Georgetown Rd #2528...\$399,620...Sat/Sun 11-6.....Bob Lucido.....Toll Realty...410-979-6024
 5804 Inman Park Cir #340.....\$389,900.....Sun 1-3.....Charles Brown.....Q. Williams RE Assoc...443-745-5446

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 call Deb Funk at 703-778-9444 or e-mail
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All listings due by Monday at 3 P.M.

WELLBEING



Stair Climbing World Record

Chris Solarz climbed 33,000 feet in 11 hours, 57 minutes to break the Guinness World Record for the “Greatest Vertical Height Climbed in 12 Hours.” The 32-year-old from Horizon Hill climbed the stairs from the second floor to the 50th floor a total of 55 times in Three Logan Square in Philadelphia, taking the elevator down each time. From 7 a.m. – 7 p.m., Solarz covered a total of 2,640 floors or 58,080 steps. He has run nearly 200 marathons and ultra marathons in 30 countries around the world. He has also run dozens of stair races around the world, and has won six stair races hosted in Philadelphia’s Mellon Bank Center and Three Logan Square. Solarz climbed to raise money for the American Lung Association. He is a 1996 graduate of Richard Montgomery High School.

Of Diets and Dieticians

Sometimes advice from an expert can help achieve weight and nutrition goals.

BY JON ROETMAN
THE ALMANAC

Some people might hesitate to consult with a dietician, whether it’s to lose weight or eat healthier. Isn’t there a chance the dietician will tell you that you need to do everything differently?

Fairfax, Va.-based registered dietician Danielle Omar works with clients ranging from those wanting to lose weight to athletes training for an event. She said anyone interested in working with a dietician should speak with several to find the best fit.

While trying to improve one’s diet can involve time, effort and struggle, Omar said someone looking to get healthier shouldn’t have to worry about making unreasonably uncomfortable changes.

“Most of us are not going to try to make you something you’re not,” she said “Don’t be scared you’re [going to be told] to go to a specific store and buy food you’ve never heard of.”

Omar’s initial interaction with a client involves gauging the client’s eating habits and establishing goals. The client sends Omar three-to-five day’s worth of food logs to help determine what changes need to be made.

If the client has a goal to lose a significant amount of weight, Omar would meet with the person “every two or three weeks for a couple months.” If the client simply wants to improve his or her diet, the two will probably meet two or three times and be done. Omar’s services do not include long-term counseling.

“I’m not the kind of person,” she said, “who meets weekly for several months. I don’t drag it out.”

Saving money can be another benefit of seeing a

dietician. Omar said some of her clients are people with busy schedules who eat out often. Omar offers healthy alternatives to prepare at home.

“[Eating] out too much can be expensive,” she said. “[Some clients] really want to learn how to cook for themselves [so they are] eating healthy.”

THE PROCESS of selecting a dietician should involve questioning credentials, Omar said.

“I think there’s something to say for gathering information,” said Omar, who has a master’s degree in health sciences and a bachelor of science in dietetics, according to her Website, foodconfidence.com.

“Maybe you’re not sure that working with a dietician is the right thing for you, but you should contact some. ... Tell them what your goals are and see what their approach is. Interview some and see what their approach is and see if it works for you.

“[Becoming a] registered dietitian [requires] a bachelor’s degree in dietetics and a 9-to-12-month internship and exam and continuing education every five years,” Omar said.

Omar warns that some people who call themselves nutritionists are people who have taken a few classes and possibly lost weight themselves. “They’re very good at marketing themselves, but a lot of times they’re not really qualified, especially with clinical stuff.”

TIME, OR LACK THERE OF, is the greatest deterrent to eating healthy, Omar said.

“Some of the obstacles that people have [involve] their schedule — a lack of time to prepare meals [and] to do what it takes in terms of planning,” she said. “A lot of people rely on eating out. It’s difficult to eat healthy when you’re eating out. You can, but some people don’t want to go that route.”

Portion size can also be a problem. Some people simply eat too much per serving while others eat too much of one food group in a meal and not enough of another. As far as problem foods go, cheese is a popular culprit.

“People love their cheese,” Omar said.

Potomac REAL ESTATE

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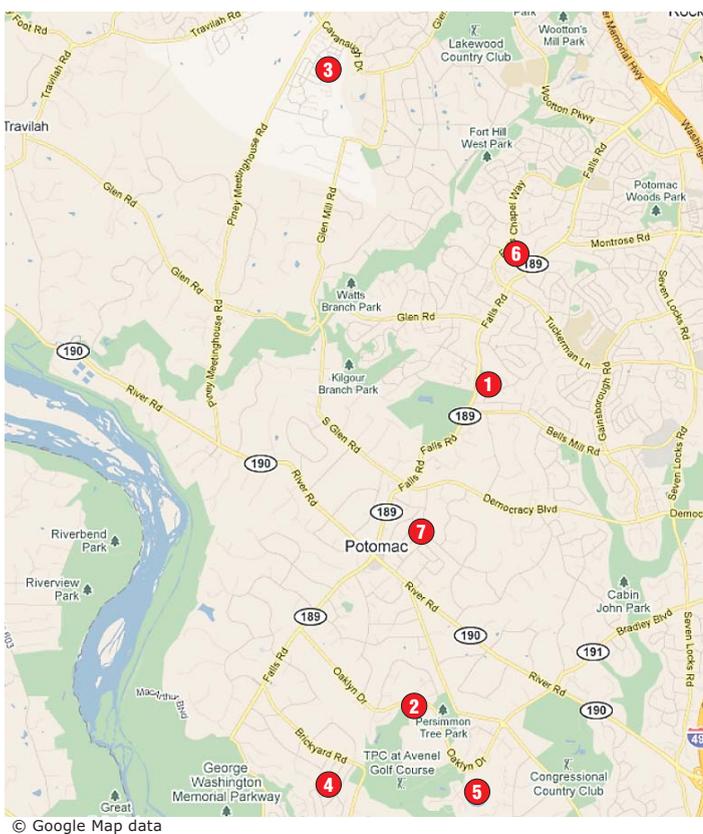
4 8001 Coach Street, Potomac — \$1,010,000



6 12200 Hickory Wood Court, Potomac — \$915,000



7 9800 Glenolden Drive, Potomac — \$915,000



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New Pastor

FROM PAGE 3

teria that was important to us," said Jenkins.

Another determinant was Miller's experience with youth in his previous position as associate pastor at First Presbyterian Church of Arlington Heights, Ill.; his ability to energize the church, particularly young people; and his work leading middle and high school students on mission trips.

"He has the ability to connect with people across generations," said Kendra Grams, associate for Spiritual Development for Youth and Children at PPC. "The ideas of faith can be so hard to grasp for children and youth, but Sean has a lot of energy in that area and great skills for ministry."

Miller is looking forward to his new job and acknowledges that it won't be without obstacles. "One of the challenges is a culture that demands an incredibly overscheduled, fast-paced life of parents and children," said Miller. "Carving out time and space for the church is a challenge. The religious landscape has changed over the last 50 to 60 years. There are other religions that are more dominant. We can't assume that everybody knows about Christianity."

ONE OF MILLER'S goals is to expand the church's influence in the community. "The church is at an exciting crossroads," said Miller. "Our 50th anniversary will be in two years. We have an opportunity to re-energize our mission within the community and continue making [PPC] a church community that is desirable to families who want to raise their children in faith."

Miller graduated from the University of Colorado at Boulder, where he earned a B.A. in music with highest honors and a B.A. in religious studies, summa cum laude, with distinction. He received a master of divinity degree from McCormick Theological Seminary. He is the sixth installed pastor of Potomac Presbyterian Church, which was founded in 1963.

At Stella's

FROM PAGE 2

ways interested in attracting new customers. We are both very pleased by the number of return diners."

The wine list offers quality wines reasonable priced. George explains their philosophy: "We grew up with wine as a part of dinner. If the wine is too expensive, it ruins the experience for the diner. Most of our wines are priced from \$23 - \$42 a bottle — the most expensive is \$75. We have eight red and six white wines by the glass for \$6 - \$10."

Both Liapis started in the restaurant long ago with their "Lunch Box" restaurants in D.C. Then Stratton Liapis founded Bullfeathers on Capitol Hill and George Liapis moved to Arizona where he worked in the corporate world of Morton's, Starwood Hotels and Maestro Restaurants. They are both happy to be working together again.

For more information, visit their website at www.thestellarestaurant.com. Stella's is located at 9755 Traville Gateway Drive, Rockville. Phone: 301-762-5148.

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The "Canswer" Man



By KENNETH B. LOURIE

If you've ever wandered through or wondered about the slings and arrows of outrageous misfortune that accompanies a totally unexpected – and unprepared for – diagnosis of terminal cancer to an otherwise healthy – and asymptomatic, lifelong non-smoker in his mid-50s, read on and discover even more questions – and occasional answers, about life in the cancer lane, a bumpy road if there ever was one.

I have a very close friend (my writing buddy, as I call him), who has characterized me as an expert with respect to this whole cancer-surviving experience. Not so much having expertise as in I know things: facts, figures, doses, pronunciations, protocols, etc., which I don't, really, but more so in that whatever I do know – and have assimilated into my life over these last 30 months. I have outlived my original prognosis ("13 months to two years") and in surviving have become a source of somewhat unique and experiential, if not reliable information: I have in fact been there and done that and so far, have lived through it (and as you regular readers know, have written about it, too).

I don't think I can say with certainty that I'm ready to teach a class on the subject but, I would certainly say I could be a guest speaker for 10 or 15 minutes. Aside from writing the "cancer columns" nearly non-stop as I have, through the passage of these two and one half years – including the original testing/diagnosing, which led to the biopsy/malignancy, I have accumulated a sort of institutional knowledge on being a surviving cancer patient. Living, as they say, is its own reward. And my reward is that I'm still alive and ticking (if John Cameron Swayze were still alive, he'd be doing a Timex watch-type voice-over right here) and as such, have collected, through fits and starts, knowledge and first-hand experiences concerning what cancer treatment can be like, generally (patients/protocols/side effects are all different) and what that patient might feel – and need (and I'm not talking about food when hungry either, I'm talking about aid and comfort during the heat of battle and the throes of depression) to help navigate through this minefield of physical and emotional tumult. It takes a toll; on patient, family, friend (even foe, I would imagine), doctor, health care professional, anyone with whom there's contact. A diagnosis of cancer is the most unwelcome news, the consequences of which are life-changing to say the least, and life-ending to say the most.

Not that any of my insights are particularly unique or proven in any way to soothe the savage cancer beast that appears in cancer patients, occasionally, but denying its existence or doubting its insidious hold would be my first warning shot across the bow – or brow of any caregiver (whomever; family, friend or professional) primarily responsible for the care and feeding of a cancer and/or terminal patient. The physical manifestations of a cancer diagnosis are likely apparent, but it's the psychological/emotional erosion that might not be seen that requires the softest touch.

Thirty months post diagnosis, that's what I still need the most: emotional reinforcement. Not constantly, but certainly regularly. It's almost as if, weakening that emotional resolve compromises my defenses somehow, thereby enabling the cancer to do what all cancer patients fear the most: metastasize. What us cancer patients call "the m word." A slippery slope – make that an avalanche, if there ever was one.

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

Taking in the U.S. Open at Congressional

Gary Bonner hones golf watching strategy for maximum greatness.

BY ALEX McVEIGH
THE ALMANAC

Gary Bonner of Potomac is no stranger to PGA events, having attended the AT&T National event at Congressional Country Club for the past few years, as well as other major tournaments around the country. So when the U.S. Open came to the club last week, Bonner was there, and on the hunt for greatness.

"My strategy is to try and see as many important shots as possible," he said. "I try and plan each day to see the maximum amount of key shots, because that's when it gets exciting."

At most events, Bonner's strategy is clear: follow Tiger Woods. But with no Woods at this year's U.S. Open, Bonner's strategy has been to cover as much ground as possible.

"From years of watching golf tournaments, I know Fridays and Saturdays are usually when the winners and losers emerge," he said. "I try to stay away from the first few holes, most of the action



Crowds at the Congressional Country Club in Bethesda watch Rory McIlroy during his record-setting run at the U.S. Open.

PHOTO CONTRIBUTED

seems to happen around holes six through 15, that's when the best players make their run."

Bonner spent much of Saturday's early action going back and forth between the fifth and eighth holes, whose greens are about 100 feet apart at Congressional, as well as the sixth and seventh greens, which are only separated by a hill.

Bonner's friend, Sam Tison of Bethesda, often goes with him to

the events at Congressional. The two often come in together, share a meal, but they part company when it comes to golf-watching strategy.

"I like to park myself on one of the bleachers around the greens for a few hours at a time, that way I can see all the golfers as they come through," Tison said. "[One day] I set up at the fifth hole, saw everyone come through, the moved to the tenth and then the

17th, and I saw most of the better players at least twice."

Bonner calls that approach "settling," because he's not as interested in the famous golfers as much as seeing great play.

"You look at some of the more recent tournaments, and not many people knew [2011 Masters winner] Charl Schwartzel, [2010 Open Championship winner] Louis Oosthuizen or [2010 U.S. Open winner] Graeme McDowell,"

he said. "But if you're watching for players who look good in the early rounds, usually you can tell who's got it."

He said the worst feeling in these events is to be watching one hole and hear a loud cheer come from another hole. On Saturday, he was watching the eighth green when a monstrous cheer came up from the fifth, as Kevin Chappell made a phenomenal approach shot to the green, giving him a birdie on the fifth.

"That's frustrating, because you never know how many great shots you're going to see," he said. "As much as I try and plan, you never know when magic is going to happen."

Bonner considers magic to be when something good happens. He's not interested in watching spectacular flameouts, such as Rory McIlroy's meltdown earlier this year at the Masters.

"I hate to see a player go off the rails completely, Rory McIlroy was agony to watch, even on TV," he said. "Golf is one of those games where you can be amazing at the beginning, and just mediocre at the end, and your entire round is ruined. I really felt for him during the Masters, I've blown rounds before, and it's ruined my day, and that's just on a public course with three of my friends. I can't imagine what he went through."

Bonner was happy to see that McIlroy rebounded nicely, winning with the lowest score in the 111-year history of the U.S. Open.

SPORTS BRIEFS

MCSL Results

In Division A, Tilden Woods defeated Bethesda 416.5-375.5. In Division B, Westleigh beat Potomac Woods 440-352 and Potomac Glen defeated Manchester Farm 413-379. In Division C action, Potomac came out on top against Germantown, 401-390. Tallyho, competing in Division D, lost to Old Georgetown 433.5-358.5.

Rugby Practices

Throughout July, Maryland Exiles Summer Youth Rugby will be holding open practices for all children interested in learning how to play rugby. Experience is not required to join the team, just an interest in the sport of rugby and a desire to be a part of the Maryland Exiles teams.

Practices are on Tuesdays and

Thursdays for players ages 6 to 11 at 7 p.m. at Timberlawn Park in Rockville. Practices for children ages 12-17 are on Wednesdays, also at 7 p.m. at Timberlawn Park. To get to Timberlawn, turn west from Rockville Pike on Tuckerman Lane and then turn right on Gloxinia. The park is on the left. Anyone with questions can email Rob Skalka at robertskalka@aol.com.

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 for sports updates around Montgomery County and Northern Virginia.



Field Day

Washington Episcopal School Nursery students (from left) Finley Meyer, Camille Ragland and Claire Rodes and teacher Dawn Harding are greeted by older students at the school's annual Field Day on May 24 at the school. The day featured fun competition, and a cookout.



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