

Potomac ALMANAC

Fall Fun

NEWS, PAGE 3

An alpaca, accompanied by potbellied pigs, rabbits and other creatures from Squeals on Wheels petting zoo, attracted children at last year's Potomac Day.

Churchill Football Loses Battle Of Unbeatens

SPORTS, PAGE 12

Connelly School Celebrates 50th Year

NEWS, PAGE 3

Resident Spearheads Dystonia Fundraiser

NEWS, PAGE 6

CALENDAR, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 14

ALMANAC FILE PHOTO

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FALL FUN

For the Adventuresome

Fall fun means Potomac River kayaking.

BY MONTIE MARTIN
 THE ALMANAC

For an unforgettable fall experience, Potomac residents with adventure on their minds can take kayaking lessons on the Potomac River.

The Potomac River is ideal for beginners and intermediate paddlers, with placid upstream excursions to class two challenges and more strenuous currents.

“Kayaking is a different kind of challenge people enjoy because water is a different element,” said Ian Buckley, a kayak instructor with Potomac Paddle Sports. “We are used to being able to breathe when you want to, but in kayaking you may have to wait.”

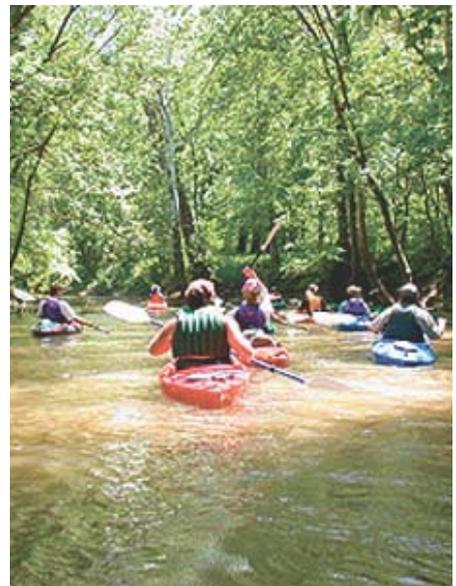
Novice kayakers first learn how to roll their boat and how to hold their breath. Those who plan to tackle more challenging runs train to stay underwater for up to two minutes.

Quiet morning rides down the Potomac during the fall, equipped with a thermos of hot cider, surrounded by nature, changing leaves and bird watching is a different kind of outdoor adventure.

Ward Morrison, a sea-kayaking instructor who frequents the class two runs at Violette’s Lock, enjoys taking the 30-minute drive outside of town to observe the scenery. “There’s an immense beauty on the Potomac, it’s a real pleasure to be working with nature,” said Ward. “You can paddle from flat water to class five, anything you are willing to take.”

Although basic kayaking takes place well upstream of Great Falls, some find a thrill in tackling the falls itself despite the risk of death.

“There’s a natural progression to kayaking. There are progressively harder plays, and then you start running out of riv-



PHOTOS COURTESY OF POTOMAC PADDLE SPORTS

Kayaking on the Potomac River is fun for all levels, ranging from placid scenic cruises to more challenging runs.

ers,” said Buckley. “Other kayakers will ask what runs you’ve completed, it’s like building a resume. Usually a more experienced friend says you are ready to take on Great Falls.”

The Great Falls Park service does not regulate the use of the rapids for kayakers. Despite a lack of regulation, there has not been a single accidental kayaker death since the 1990s.

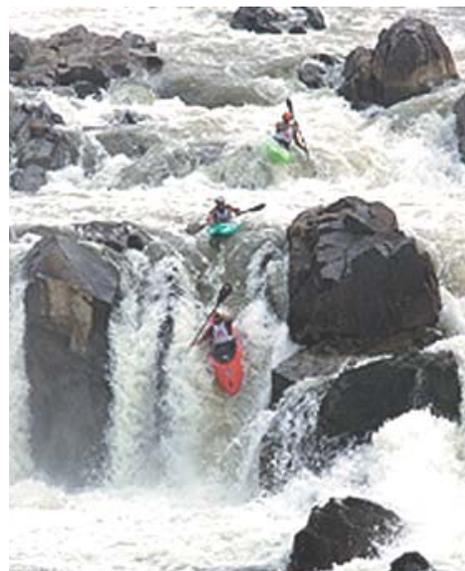
“We are not experts at kayaking,” said Joe Burns, supervisory park ranger for Great Falls and Glen Echo. “We put up regulations once before, but we were shown they were ridiculous. Kayakers self regulate, and the program works.”

Beginners and intermediate kayakers, however, need not worry about taking a crash course on category five rapids. The sensation of doing something different is reason enough to give kayaking a try.

“Kayaking is tough to compare to anything else,” said Buckley. “It’s just fun, going down a river, you’re out there in the morning and maybe you won’t see a single person.”

“There’s an immense beauty on the Potomac, it’s a real pleasure to be working with nature.”

— Ward Morrison, an intermediate white water kayaker



Kayakers run Great Falls.

Something for Everyone

Violette’s Lock, located off River Road, is a class two rapids appropriate for practiced novices and higher skilled boaters. Beginners can choose to train for higher-level rapids, or take a leisurely cruise along the scenic Potomac River. For more information visit potomacpaddlesports.com.

WWW.CONNECTIONNEWSPAPERS.COM

FALL FUN

POTOMAC ALMANAC EDITOR STEVEN MAUREN
703-778-9415 OR POTOMACALMANAC@HOTMAIL.COM
SEE WWW.POTOMACALMANAC.COM

Three Potomac Traditions To Enjoy

Annual Potomac Day celebration is Saturday, Oct. 22; House Tour this weekend.

BY KEN MOORE
THE ALMANAC

Potomac Day, the annual community festival sponsored by the Potomac Chamber of Commerce, is just around the corner.

"Potomac Day is all about the kids," said Jennifer Matheson, one of the primary organizers of the event who is with the Potomac Chamber of Commerce. "I just love seeing them enjoy themselves and drag their parents from one activity to the other."

The day-long celebration is scheduled for Saturday, Oct. 22, in Potomac Village, kicking off with the annual Potomac Day Parade up River Road to Falls Road at 10:30 a.m.

Each year, the parade features hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and elected officials.

The children's fair follows after the parade with free amusement rides and activities.

"The community just loves watching the parade and seeing all the kids show off their stuff," Matheson said.

The People of the Year, including the business person of the year, citizen of the year, and youth of the year have a special place in the parade, often on the top of the back seat of convertibles. Each will be honored at an awards dinner at Normandie Farm in November, where the Potomac Day charity will also receive a donation from the Potomac Chamber of Commerce.

This year's charity of the year is Autism Speaks.

Classic cars will be on display, and a business fair will be set up in the Potomac Promenade parking area from 10 a.m. to 3 p.m.



Trail horses, police horses and more participate in the Potomac Day parade, scheduled this year on Saturday, Oct. 22.

"Old fashion fun with a time and place for neighbors to be together and just relax," said Matheson.

Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

ONE WEEK LATER ...

Climb on fire engines at Cabin John Park Volunteer Fire Department or watch demonstrations such as auto extrication with the "Jaws of Life," 911 simulations and aerial rescue. The Fire Department is scheduled to hold its 65th annual open house on Saturday, Oct. 29, at 8001 River Road from 10 a.m. to 5 p.m.

The event includes free blood pressure checks, tours of the fire station, fire/rescue apparatus, rescue demonstrations and more.

"This is a great way to visit with members of our community in a non-emergency setting and at the same time promote fire prevention and share our facilities and equipment," said Chief Paul Sterling.

There are also plenty of activities for chil-

dren including a petting zoo, a fire-safety house, and a moon bounce.

Cabin John's response area includes the Capitol Beltway, the Potomac River, and residences and businesses in the Bethesda and Potomac area.

Station 10 on River Road serves as Cabin John's headquarters, and houses offices and multiple meeting rooms, as well as the fire apparatus for day to day operation, including fire engines, ambulances, swift water rescue boats and more. Cabin John also operates Station 30 at 9404 Falls Road.

Charles E. Benson and 10 founding members incorporated the volunteer fire department on March 19, 1930. The group's first meetings were held in a room over Mr. Benson's store. As the department grew, meetings were moved to the auditorium of the Clara Barton School and eventually to its headquarters on River Road.

See <http://www.cjpvfd.com/>.

THIS WEEKEND

The 56th annual Potomac Country House Tour is set for this weekend, Oct. 1-2.

The two-day tour will include four "one-of-a-kind" homes. Hundreds of volunteers from St. Francis Episcopal have been planning this event for the past year.

Since 1956, the women of Potomac's St. Francis Episcopal Church have sponsored this October house tour to benefit Montgomery County charities as well as many outreach programs.

There are four homes on the tour, including the Hobbins House, built in 1790 in Brooklyn, Conn. and disassembled piece by piece, post by post, beam by beam and moved to Potomac by Jim and Linda Hobbins.

The Ghanbari home is filled with art, French antique tapestries and Persian rugs. Owner Mahin Ghanbari has collected arti-

SEE THREE POTOMAC HITS, PAGE 4

Get Active

RUN WITH IT

Start a running routine, or simply take some short stints along the C&O Canal and enjoy the beauty surrounding the Potomac River.

For those thinking about establishing a running routine, the Montgomery County Road Runners Club holds weekly workouts for various runners of various abilities. The club also conducts race training runs, youth clinics, special events and information on road races throughout the year.

See www.mcrrc.org

LEARN THE RIVER ON A KAYAK

Some of the world's best kayakers come to the Great Falls area of the Potomac River to train. But for those who want to learn the sport, safely, numerous outfitters offer lessons. Learn from professionals at schools like Potomac Paddlesports, www.potomacpaddlesports.com, Liquid Adventures, www.liquidadventures.org, Valley Mill Kayak School, www.valleymill.com, or Caleva www.caleva.org.

Many meet across from Old Angler's Inn on MacArthur Blvd.

MOUNTAIN BIKING

The Cabin John Trail, 10 miles long and alongside the Cabin John Creek between the Beltway overpass near Seven Locks Road, permits mountain biking.

Cabin John offers a variety of rolling trails that descend and run parallel to Cabin John Creek. Cabin John Regional Park is a popular destination for the local mountain biker who can't get away to more remote locations.

For a flatter, longer ride, try the C&O Canal, with splendid views of the Potomac River between Georgetown and Cumberland, with all of Potomac in between. The towpath is 184 miles of biker's paradise. Great access points in Potomac include Great Falls, Swain's Lock, Pennyfield Lock, Violette's Lock and Riley's Lock.

LEARN TO RIDE A HORSE

Potomac Horse Center, 14211 Quince Orchard Road, North Potomac, offers riding classes for "Mini Mites" (5-8 year old children) through adults of all levels. Programs include a classical dressage program, combined training, and hunter/jumpers, with riders competing under the supervision of different trainers. The center holds about 12 horse shows a year, as well as clinics featuring internationally recognized instructors in many equestrian disciplines. Other of-

SEE GET ACTIVE, PAGE 4



Free amusement rides for children are part of the children's fair after the parade.



Pony rides provided by Squeals on Wheels.

Three Potomac Hits: Have a Ball

FROM PAGE 3

facts from Persia's cultural heritage including antique Persian tiles and tribal accessories worn by Persian women.

A 15,000-square-foot mansion and a bright, airy four-story townhome add to the diversity of the tour. There is also a boutique at the church with vendors including The Surrey. No tickets are required to visit the boutiques.

Tickets to the tour are \$20. The tour is open from noon – 5 p.m. Saturday and Sunday, Oct. 1 and 2.

www.potomaccountryhousetour.org

AND MORE

Don't forget the events at the Potomac Library, 10101 Glendolden Drive, including the used book sale on Saturday, Oct. 8 at 10 a.m.

And on Saturday, Oct. 29, a spooky storytime Halloween program for children three to six and their families will be offered at the library. Children should wear costumes for the costume parade.

Call 240-777-0690.



PHOTO BY HARVEY LEVINE/THE ALMANAC

Storybook characters from friends of the Potomac Library are a Potomac Day parade tradition, shown here from 2010.

Get Active

FROM PAGE 3

ferings include birthday pony parties, pony rides, trail riding classes through wooded parkland, a summer horse camp program, a therapeutic horseback riding program, and more. Currently offering a free introductory ride plus a discounted three-lesson mini-session. Call 301-208-0200 or see www.PotomacHorse.com

sensitive vegetation. Active trail stewards carry park radios for emergency communication and can offer basic first aid training to help with minor injuries.

www.nps.gov/choh/supportyourpark/volunteer.htm

HIKING, GENTLER: GREAT FALLS OVERLOOK

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

Enter the C&O Canal National Historical Park here for up close views of Great Falls by walking 0.2 miles over the Olmsted Island Bridges to the overlook. Bridges and boardwalks traverse a rare floodplain terrace environment, ending with an observation deck to marvel over the spectacular views of the Falls and the head of Mather Gorge. Read how the sea level dropped 300 feet during the Ice Ages two million years ago, leaving the Potomac River to carve a channel through the bedrock. This left a 60-foot drop at Great Falls.

Accessible to wheelchairs and strollers.

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

www.nps.gov/archive/choh/Visitor/Centers/GreatFalls.html

ICE SKATE

Skate indoors at the Cabin John Center, operated by the Maryland National Capital Park and Planning Commission. The Cabin John Ice Rink is located at 10610 Westlake Drive, 301-365-2246, or www.mc-mncppc.org/parks/enterprise/ice/gen-info.

Offers skate rentals, lessons, and use for hockey and other ice sports.

WWW.CONNECTIONNEWSPAPERS.COM

LET'S TALK Real Estate



by Michael Matese

Smile for the Camera!

Most homebuyers these days will begin a home search online, so good photos are a must have. The first photo seen will be, of course, the front of the house, so make sure it's a great one. Some tips for showing the front of the house at its best?

- Move your cars out of the driveway, away from the home.
- Take the photos as close to the house as you can.
- Try to keep shadows off the house.
- Make sure bushes and flowers, grass and vegetation are trimmed and neat looking.
- Finally, when the photos are done, crop out the sidewalks and the streets. You want your house to be the focal point, not the sidewalk.
- Give the concrete driveways and sidewalks a nice pressure wash, it will gleam in photos!
- In the summertime, take the photos earlier in the day, before the sun gets to the yard and things start to wilt.

Making your house outshine the competition is easy with just a few adjustments and these tips. The next thing you know, your offer is waiting.

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NEWS

Labovitz Sentenced on Misdemeanors

Peter Labovitz, President and CEO of Connection Newspapers, has been sentenced to six months in prison for two misdemeanor counts of failing to fully pay the company's payroll taxes for two quarters in 2007.

Magistrate Judge John F. Anderson acknowledged Labovitz's long record of leadership in civic and business affairs at a hearing in U.S. District Court in Alexandria on Sept. 27.

He cited scores of letters to the court praising Labovitz's commitment to community journalism as head of Connection Newspapers and his years of community service.

Anderson said Labovitz's history of service "weighed heavily" in his decision not to impose a longer sentence, citing "your service to

the community, the newspapers and other organizations" and "your support for your family, not just your wife and daughters, but also to your grandchildren." But Anderson said some incarceration was necessary "to give credence to adequate deterrence."

Labovitz will pay more than \$645,000 in restitution.

In a statement in July, when he pled guilty to the misdemeanors, Labovitz took full responsibility and cited economic challenges: "Like all American newspapers, in recent years the Connection Newspapers have faced daunting technological and economic challenges. We have weathered repeated crises that killed or crippled many others in the news media. I am proud that we have kept these vital community voices alive."

BULLETIN BOARD

THURSDAY/SEPT. 29

Dementia Education Panel: "Til Death Do Us Part ... Unless You Set the House on Fire." 10:30 a.m. to noon. Featuring Bonnie Gallagher, MSW LCSW-C and Christiane Graham, LCSW-C. For more information or to RSVP in advance, contact Nicole McMonigle at potomac@arden-courts.com or 301-983-3620. Event held at Arden

Courts of Potomac, 10718 Potomac Tennis Lane, Potomac.

SATURDAY/OCT. 1

Blood Drive, at Our Lady of Mercy Church in cooperation with American Red Cross. Sunday, Oct. 1, 8 a.m. - 2 p.m. Participation by pre-registration. Call the drive's coordinator, Richard Sinatra at 301-299-2459 or sinatrar@verizon.net

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Spearheading Fundraiser for Dystonia Research

Potomac resident and committee organize Oct. 3 event.

BY SUSAN BELFORD
THE ALMANAC

Nine years ago, Donna Driscoll's life was completely altered by a movement disorder called Dystonia, a neurological syndrome that she now battles on a daily basis.

Driscoll had always been an active person who played competitive USTA team tennis, taught first grade at Garrett Park Elementary and traveled to visit and play with her grandchildren. Because of dystonia, the Potomac resident was forced to give up tennis, retire from her teaching position and quit walking her dog around the block. She could not accompany her children and grandchildren to Disney World without a



Donna Driscoll

wheelchair and she had difficulty with daily tasks such as grocery shopping and walking up and down stairs.

Despite her diagnosis, Driscoll is upbeat in her approach to life and compels herself to press on through daily activities, even though some days are more difficult than others. "I am going to beat dystonia," said Driscoll. "Researchers have made strides in the treatment of dystonia, and I am deter-

mined to raise enough money to solve the mysteries of this disease and find a cure."

Driscoll and her 21-member committee of family and friends are committed to raising awareness as well as to advancing research by providing funds through the 5th Annual Dystonia Golf and Tennis Classic. The event will be held Monday, Oct. 3 at Bretton Woods Country Club and will include a golf tournament, tennis tournament, awards reception, banquet, silent auction and live auction. The 19th Street Band will provide entertainment. All proceeds will benefit the Dystonia Medical Research Foundation (DMRF).

"We are hoping to raise \$20,000 this year," said Driscoll.

There is still time to register for the golf and tennis tournaments. The golf tournament includes a continental breakfast, 18

holes of golf, bar-b-que luncheon, prize reception and the banquet. The tennis tournament features tennis as well as the banquet. Guests may also elect to attend only the banquet.

The cost for golf is \$250 per person, tennis is \$110 per person and if one attends only the banquet, the price is \$110. Sponsors for disabled veterans are also being sought. All participation is tax deductible as the law permits. For more information, starting times and to register, go to www.dystoniagolfclassic.com.

According to the DMRF website, dystonia is a "neurological disorder which causes the muscles to contract involuntarily producing uncontrollable twisting as well as spasms of affected body parts." If the symptoms occur in a child, then they will be more generalized and affect the entire body. If an

SEE RESIDENTS, PAGE 15



Connelly School of the Holy Child Celebrates 50th Year

Commemorative Mass planned for Oct. 2.

BY SUSAN BELFORD
THE ALMANAC

In 1961, the Connelly School of the Holy Child was founded with just 16 young women in the ninth grade class. Their first uniform was a brown plaid suit, worn for formal occasions with brown gloves and a brown mantilla in chapel. The first three teachers were nuns who were sent to open the school from St. Leonard's Academy of the Holy Child in Philadelphia. They taught



First graduate Cathy Caspar Delahay.

every subject, chose which boys could come to the first dance, always dressed in full habit and did not speak with one another

from the end of their school day until the beginning of the next school day.

Fifty years later, much has changed, but the traditions of commitment to an excellent well-rounded education, community service and a spiritual foundation are ever present. The school is part of the Society of the Holy Child Jesus network of schools founded by Cornelia Connelly. This network includes 33 schools in America, Europe and Africa. The school began in the Bradley Boulevard quaint white house and has grown to include grades 6 – 12, a state-of-the-art athletic facility and a diverse group of more than 300 students and teachers.

Cathy Caspar Delahay of Potomac was in the first graduating class of the Connelly School of the Holy Child. She has fond memories of her four years at the school. "I

gained a love for learning at this school," she said. "The nuns stressed leadership skills — it was all about what 'you' could do — and that you could do or become anything you strived for. I learned to write well, to value community service, and to reach my full potential. Mother Cornelia Connelly believed that young women should not just memorize prescribed works that made them sound intelligent, but that they should actually be taught to think."

Some of her other memories include "the nuns piling the entire school (all 16) into station wagons to picnic at Great Falls, heading to 'downtown' Potomac to order flavored cokes and snacks at the drug store counter — operated by the Tally Ho Restaurant owners, shopping at The Surrey and

SEE 50 YEARS, PAGE 14



Storytime

At Potomac Cuddleups, held in the Potomac Library two weeks ago, leader Patricia Reynolds is joined by, from left, Emma Feig and nanny Rosie Kidman; Scarlett and Daria Moaadell; William and Shannon Rhoderick, and Alexander and Theresa Yu.



Patricia Reynolds with Ava Seested, Hara Massarueh, Nicolas Bejarano, Felicia Wong, Sofia Bejarano, and Julio Cupe last week.

PHOTO: SBY DEBORAH STEVENS/THE ALMANAC

PEOPLE

Resident Relates to Release of Jailed Hikers

Haleh Esfandiari was jailed in Iran on suspicion of espionage.

BY MARILYN CAMPBELL
THE ALMANAC

The release last week of Shane Bauer and Josh Fattal, two American hikers who had been jailed in Iran for alleged spying, gave a strong sense of relief to one Potomac resident.

"When I saw the news that they finally left Iran, it was an unbelievable moment for me," said Haleh Esfandiari. "I am thrilled and I wish them luck."

Esfandiari can relate to the hikers' experience. In 2007, she endured four months of solitary confinement in Iran's Evin Prison, the same facility where Bauer and Fattal were held.

An Iranian-American scholar and the director of the Middle East Program at the Woodrow Wilson Center for Scholars, Esfandiari had been in Tehran visiting her mother when Iranian authorities began to interrogate her about her work. She was imprisoned on suspicion of espionage.

"The day I was released I didn't know

until 5 o'clock in the afternoon that they were going to release me," she said. "My first reaction was that they were joking because they had been very good at making cruel jokes with me."

Esfandiari believes that Bauer and Fattal's experience was likely similar to her own. "I believe that the hikers didn't know what was going on until the day they were released."

During the hikers' two-year ordeal, the mother of one of the men contacted Esfandiari. "I told her that when I was in solitary confinement I was completely cut off from the rest of the world," said Esfandiari. "There are moments when you give up hope, but there are other moments when you have this extraordinary confidence in your family and in your colleagues that they will do everything possible to get you out."

Esfandiari's days were consumed with interrogations that would last eight or nine hours. She spent the times that she was not being questioned doing Pilates and pacing the floor of her cell. She said that as she walked, she wrote two books almost entirely in her head.

Esfandiari did not keep written notes because she feared that anything she put on paper would be confiscated. She kept track of the passage of time by observing the phases of the moon. "The third time I saw [a full] moon, I knew they had kept me in

solitary confinement for three months."

Esfandiari says that language barriers probably made Bauer and Fattal's confinement more difficult than her own. "I spoke the language, but they could only talk to each other. If they were interrogated, [it was] always through an interpreter. God knows what sort of English the interpreter spoke."

Mental health experts agree. "In a foreign country in jail ... what people experience is chronic overwhelming anxiety. If you don't speak the language, all of this is exacerbated," said Ellen Klosson, Ph.D., a psychoanalyst with the New York Freudian Society's Washington office.

A return to normalcy is often a key to emotional healing. "Getting them back in their familiar routine as quickly as possible after a period of grieving is important," said Golda Ginsburg, Ph.D., a professor of psychiatry with the Johns Hopkins School of Medicine.

Esfandiari went back to work at the Wilson Center almost immediately after re-entering the United States, and says downtime with loved ones would be beneficial to Bauer and Fattal. "I think [Bauer and Fattal] would need some time to unwind with their families," she said. "They need to find out how much the world did for them. That will give them a lot of comfort and strength."



Haleh Esfandiari spent four months of solitary confinement in Iran's Evin prison. She discussed her experience in her memoir, "My Prison, My Home: One Woman's Story of Captivity In Iran."

Esfandiari's memoir, "My Prison, My Home: One Woman's Story of Captivity In Iran" (Ecco, 2009), details her solitary confinement in Tehran's Evin Prison.

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FALL FUN

ONGOING

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

WEDNESDAY, SEPT. 28

The Surrender, Al-Anon, family group meeting. St. James Episcopal Church, 11815 Seven Locks Road, Potomac, 7:15 p.m., basement entrance. Contact the Washington Metropolitan Al-Anon/Alateen Information Service at www.al-anon-alateen-dc.md.org. Inquiries are confidential and anonymous. This group meets every Wednesday.

THURSDAY/SEPT. 29

Annual Mass for Law Enforcement Employees and Families. 12:05 p.m., St. Michael the Archangel Roman Catholic Church, 805 Wayne Ave., Silver Spring. This is an annual Mass to offer thanksgiving and prayers for members of law enforcement organizations and their families. St. Michael is the Patron Saint of law enforcement. This Mass is open to all denominations.

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.

Women's Al-Anon, Our Lady of Mercy Catholic Church, 9200 Kentsdale Road, Potomac, 8:30 p.m. For those concerned with or affected by someone else's drinking. Contact the Washington Metropolitan Al-Anon/Alateen Information Service at www.al-anon-alateen-dc.md.org. Inquiries are confidential and anonymous. This group meets every Thursday.

Seven-Locks Al-Anon. St. James Episcopal Church, 11815 Seven Locks Road, Potomac, 1 p.m. For those concerned with or affected by someone else's drinking. Contact the Washington Metropolitan Al-Anon/Alateen Information Service at www.al-anon-alateen-dc.md.org. Inquiries are confidential and anonymous. This group meets every Thursday.

Food Addicts in Recovery, St. James Episcopal Church, 11815 Seven Locks Road. Fellowship of men and women who have experienced difficulties in life as a result of the way they eat. Program of recovery based on the

Twelve Steps and Twelve Traditions of Alcoholics Anonymous. <http://foodaddicts.org/faq.html>. This group meets every Thursday.

FRIDAY, SEPT. 30

Madeleine Peyroux. With Nellie McKay to open. 8 p.m. Tickets: \$35-\$58 (Stars Price \$31.50-\$53.10). At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

Swing Dancing. 9 p.m. to midnight. Cost is \$15. With Scott Ramminger & the Crawstickers. Two dance workshops from 8 to 9 p.m. — Slow Blues or West Coast Swing. At the Bumper Car Pavilion, Glen Echo Park, 7300 MacArthur Blvd. E-mail or call Donna Barker at dbarker@glenchopark.org or 301-634-2223, call Glen Echo Park at 301-634-2222, or go to or www.DanceDC.com.

SEPT. 30 AND OCT. 1

A Fine Haute Couture Tour. 8 p.m. Friday; 2 p.m. Saturday. The Artistic Director/Choreographer for the show is Kashi-Tara Barrett, with special choreography by Edward Byrd, Syriahne 'Syri' Parker, and Clarissa Bridges. Tickets are \$15/adults; \$10/children and seniors. At F. Scott Fitzgerald Theatre, Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Visit www.rockvillemd.gov/theatre.

SATURDAY/OCT. 1

Rockville Hispanic Heritage Celebration. 4 to 7 p.m. The celebration will include music by the Calpro Group, under the Artistic



SATURDAY/OCT. 22

Potomac Day, Oct. 22. Parade, 10:30 a.m., Oct. 22, Potomac Village. Arrive before 10 a.m. to avoid road closures. Free children's rides and more, sponsored by Potomac Chamber of Commerce. 301-299-4650

Potomac Day Special Storytime. Potomac Library, 10101 Glenolden Drive, Potomac. 2 p.m. Learn basic ASL through tales of falling leaves, squirrels, pumpkins and more. Signing storyteller Kathy MacMillan leads stories and songs that teach about communicating with our hands and eyes. All ages.

direction of Ramon Cala, and Tahuantinsuyo Inca; and dances performances from Argentina, Paraguay, Mexico, Bolivia and Studio 310. At Rockville Town Square, Rockville. Call 240-777-2525.

Picnic, Films and Ice Cream Social. 7 p.m. Screening of the movies, "Wall E," and "The Lion King." At Geneva Presbyterian Church, 11931 Seven Locks Road, Potomac. Call 301-424-4346.

Pianist John O'Connor. 8 p.m. Free. Performing Haydn, Field, Beethoven, and Schubert. At Westmoreland Congregational Church, One Westmoreland Circle, Bethesda. Visit www.washingtonconservatory.org or 301-320-2770.

Taste of Bethesda. 11 a.m. to 4 p.m. Nearly 60 restaurants will be featured along with live entertainment on four stages, a children's area and more. Located on Norfolk, Fairmont, St. Elmo, Cordell and Del Ray Avenues in Bethesda's Woodmont Triangle. Admission is free. Tickets will be sold on-site to "taste" different foods; a serving costs one to four tickets, and tickets are sold \$5 for four tickets. Visit www.bethesda.org or call 301-215-6660.

Blood Drive, at Our Lady of Mercy Church in cooperation with American Red Cross. Sunday, Oct. 1, 8 a.m. - 2 p.m. Participation by pre-registration. Call the drive's coordinator, Richard Sinatra at 301-299-2459 or sinatrar@verizon.net

National Philharmonic kicks off 2011-2012 season Beethoven's 9th Symphony and John Corigliano's Red Violin Concerto at the Music Center at Strathmore Hall on Oct. 1 at 8 p.m. and Oct. 2 at 3 p.m. The final movement of Beethoven's Symphony will feature the nearly 200-voice National Philharmonic Chorale triumphantly singing "Ode to Joy." Free pre-concert lecture will be offered in the concert hall at 6:45 p.m. on Oct. 1 and at 1:45 p.m. on Oct. 2. Visit nationalphilharmonic.org or www.strathmore.org.

OCT. 1 AND 2



SATURDAY/OCT. 15

Truck Touch. Cost is \$5/person; free for children under 2. Suburban Nursery School has assembled trucks for kids to explore and touch. At 7210 Hidden Creek Road, Bethesda, near River Road off Wilson Lane. Visit www.suburbannurseryschool.org.

Concert. Saturday at 8 p.m.; Sunday at 3 p.m. Tickets are \$32. Beethoven's Symphony No. 9 and Corigliano's Red Violin Concerto. The National Philharmonic Chorale joins guest conductor JoAnn Falletta in Beethoven's 9th Symphony. At the Music Center at Strathmore. Call 301-581-5100

SUNDAY/OCT. 2

Cabin John Blood Drive. 10 a.m. to 4 p.m. At the Clara Barton Community Center. Contact Cabin John resident Karen Melchar (ardenroad@me.com) if you are eligible to donate and set up a time to come to the Community Center.

Waltz Dance. 3:30 to 6 p.m. Admission is \$10. With the band Cabaret Sauvignon. Waltz workshop from 2:45 to 3:30 p.m. At the Spanish Ballroom at Glen Echo Park. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, go to www.WaltzTimeDances.org.

National Philharmonic kicks off 2011-2012 season Beethoven's 9th Symphony and John Corigliano's Red

Violin Concerto at the Music Center at Strathmore Hall on Oct. 1 at 8 p.m. and Oct. 2 at 3 p.m. Free pre-concert lecture will be offered in the concert hall at 6:45 p.m. on Oct. 1 and at 1:45 p.m. on Oct. 2. Visit nationalphilharmonic.org or www.strathmore.org.

MONDAY/OCT. 3

Bearfoot in Concert. 7:30 p.m. Tickets are \$18/advance; \$23/door; Student with ID: \$13/advance; \$18/door. Call 301-754-3611 and visit www.imtfolk.org. At IMT at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Visit www.bearfootband.com.

Dystonia Golf and Tennis Classic and Banquet. Registration allows you two rounds of golf per player. At Bretton Woods Country Club in Potomac. Register at www.dystoniagolfclassic.com or make a donation by mailing your check to: Tom Driscoll, DC DMRF, 9600 Pinkney Ct., Potomac, Md. 20854.

SEE FALL FUN, PAGE 9



THURSDAY/OCT. 6

An Evening with Linda Eder. 8 p.m. Tickets are \$35 to \$76. She is noted for her sensitive interpretation and modern renditions of theatrical song. At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.



Linda and Jim Hobbins' home on Tulip Lane in Potomac.

OCT. 1 AND 2

56th Annual Potomac Country House Tour. Featuring an award-winning builder's home, a creative artist's home, a Colonial home with Persian heritage décor, and an 18th century country home constructed in Connecticut. In addition, the tour offers 20 boutiques located in St. Francis Hall on the church grounds. Organized by the Women of St. Francis as a fundraiser for local charities. Tickets are \$20/advance or \$25/day. Tickets can be purchased at St. Francis Church or online at www.potomaccountryhousetour.org.

FALL FUN



SATURDAY/OCT. 15

Jim West Dinosaurs. 11 a.m. Tickets are \$7/adults; \$6/seniors. Jim West, a master puppeteer, mixes storytelling with the latest dinosaur discovery. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Call 240-567-5301.

FROM PAGE 8

TUESDAY/OCT. 4

An Evening with Pat Metheny w/ Larry Grenadier. 8 p.m. Tickets: \$38-\$78 (Stars Price \$34.20-\$70.20). At the Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. Visit www.strathmore.org or call 301-581-5100.

Chinese Language Book Club. 6 p.m. "Searching for Lost Comfort" by Xiu Han. Book discussion in Chinese language. At the Potomac Library, 10101 Glenolden Dr., Potomac.

WEDNESDAY/OCT. 5

Library Snapshot Day. VIP Read

activities. Potomac Library will compile statistics, customer comments, photographs, and other data chronicling a typical library day. At the Potomac Library, 10101 Glenolden Dr., Potomac.

OCT. 5 TO 8

A Grand Night for Singing.

Wednesday to Saturday at 8 p.m.; Sunday at 2 p.m. Tickets are \$10/regular; \$8/seniors and students. Conceived by Walter Bobbie, lyrics by Oscar Hammerstein II, music by Richard Rodgers, music arrangement by Fred Wells. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Call 240-567-5301.

FINE ARTS

NOW THROUGH OCT. 29

Visual Voices. A Show of Zenith Artists Profiled in the New Book, "100 Artists of the Mid-Atlantic" by Ashley Rooney. At Zenith Gallery at Chevy Chase Pavilion.

NOW THROUGH NOV. 5

"Building Bridges, Not Fences."

Strathmore explores the technical and conceptual journey of photography from traditional to digital media, through the reinvention of image-making through modern technology. Children's Talk & Tour is Saturday, Oct. 1 at 10:15 a.m. RSVP to 301-581-5109. At The Mansion at Strathmore, Gudelsky Gallery Suite, 10701 Rockville Pike, North Bethesda. Call 301-581-5100 or visit www.strathmore.org.

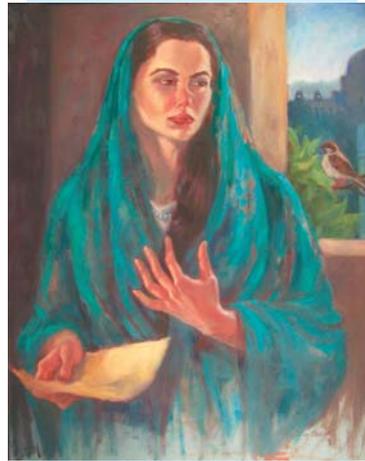
OCT. 2 TO 30

Seven Degrees of Separation.

Meet the artist's reception is Sunday, Oct. 2. Works by Sara Becker, Claire Howard, Loriann Signori, Judith Simmons, Diane Cary-Thomson, JoAnn Clayton Townsend, and Rob Wood. At the Dennis and Phillip Ratner Museum, 10001 Old Georgetown Road, Bethesda. Call 301-897-1518.

OCT. 8 AND 9

Catching Light. Watercolor artist Susan Lenczowski will present an exhibition of her paintings. Saturday, Oct. 8 from noon to 5 p.m.; Sunday, Oct. 9 from noon to 5 p.m. A reception will be held Saturday from 5 to 7 p.m. At the



OCT. 1 AND 2

Moved by Beauty. Potomac artist Dolores Gomez-Bustillo will show figure and landscape paintings. Artist's reception is Saturday, Oct. 1 from 5 to 7 p.m. At the Yellow Barn Gallery in Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Call 301-371-5593.

Yellow Barn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.yellowbarnstudio.com, or call 301-492-6229.



THROUGH OCT. 2

Potomac Artist Julia Latein-Kimmig.

Show entitled "Mix No Match." Artist's reception is Friday, Sept. 2 from 6 to 8 p.m. Hands-on workshop entitled "Wild Card" on Saturday, Sept. 10 from 1-4 p.m. At the Foundry Gallery in Dupont Circle. Visit www.foundrygallery.org.

Highway, Bethesda. Call 301-951-9441.

OCT. 11 TO NOV. 5

Far from the Crowd. Paintings by Barbara French Pace and New Work by Gallery Artists. Reception: Friday, Oct. 14, from 6-9 p.m. At Waverly Street Gallery, 4600 East-West Highway, Bethesda. Visit www.waverlystreetgallery.com or call 301-951-9441.



October 7 - 8, 2011
Lorton, Virginia

BLM Meadowood Special Recreation
Management Area
10406 Gunston Road

Friday preview: 2pm - 7pm
Saturday adoption: 8am - 5pm
Adoption is first come, first served

Directions: From Route 1, take Gunston Rd (East) 2.4 miles
Past the BLM Meadowood main entrance to right on Harley Rd.

866-4MUSTANGS (866-468-7826) blm.gov
twitter.com/BLMNational
facebook.com/BLMWildHorseAndBurro
youtube.com/BLMNational



U.S. Department of the Interior
Bureau of Land Management
Wild Horse and Burro Program



Kristen Fontaine will be conducting gentling demonstrations at the Lorton, VA adoption on October 7-8, 2011.



Potomac Chamber of Commerce

PO Box 59160
Potomac, MD 20859
301-299-2170 • Fax 301-299-4650



Potomac Day is Coming
Be Sure to Join Us!
October 22nd, 2011



STEEPED IN TRADITION

Too Much
Fun
To Be Had!



"COMMUNITY"
IS OUR
MIDDLE
NAME!

Sign Up Today!

The Potomac Chamber of Commerce, Inc.
For more information, please contact Jennifer Matheson
Jennifer@potomacpizza.com
or 301-299-2170

56TH ANNUAL POTOMAC COUNTRY HOUSE TOUR



Saturday and Sunday, October 1st and 2nd, 2011
Noon - 5pm

20 Boutiques
Ala Carte Lunch
Maryland Dessert Cafe
Located in St. Francis Hall
Open 10 - 5pm Saturday
and 11 - 5pm Sunday

The Four Featured Houses Include:

- A Persian Heritage Collection
- A Reassembled 18th Century Home
- An Award Winning Builder's Home
- A Creative Artist's Home

Ticket Sales:
\$20 Advance Purchase
\$25 Day of Tour

ALL PROCEEDS BENEFIT CHARITIES AND AID ORGANIZATIONS

Tickets available at St. Francis Church, ticket outlets, or
online at www.potomaccountryhousetour.org

Amethyst • Kae Robin Gifts • Pierre Deux • Kellogg Collection • The
Lemondrop* Lemon Twist • The Wine Harvest • Kentlands Flowers and Bows
• Potomac Garden Center • Behnke Nurseries • Country Squire Cleaners •
Flora's Feathered Nest • Potomac Art Gallery • The Good Earth • The Wine
Harvest • Toy Castle • Rockville Interiors

FALL FUN



Crowds line the streets from a previous Taste of Bethesda.

Taste of Bethesda Is Oct. 1

22nd Annual Food and Music Fest Features 60 Restaurants

Taste of Bethesda returns on Saturday, Oct. 1 from 11 a.m. to 4 p.m. and will bring almost 60 restaurants and five stages of entertainment to Bethesda's Woodmont Triangle. Produced by the Bethesda Urban Partnership, downtown Bethesda's famous food and music festival celebrates 22 years of diverse and delectable cuisine offered by Bethesda's local restaurant community.

Downtown Bethesda restaurants come prepared for the festival with massive amounts of food and baked goods. For instance, Morton's grills 250 pounds of filet mignon; Just Cakes bakes 3,000 cupcakes; Hard Times Café prepares 20 gallons of chili and 200 pounds of French fries; Haagen-Dazs goes through more than 60 gallons of ice cream; Mamma Lucia serves over 800 slices of pizza; and Spring Mill Bread Company serves 1,000 slices of apple pies, brownies, cookies and breads.

Taste of Bethesda is located on Norfolk, Fairmont, St. Elmo, Cordell and Del Ray Avenues in the heart of Bethesda's Woodmont Triangle. Four stages showcase musical and cultural performances, and a children's area featuring activities, balloons and face painting will provide additional entertainment for young visitors.

Admission to Taste of Bethesda is free. Tickets will be sold on-site to "taste" different foods; tickets are \$5 for four tickets and a serving costs one to four tickets. The event is located three blocks from the Bethesda Metro. Free parking is also available in downtown Bethesda's public garages. The free Bethesda Circulator will transport visitors to and from the Bethesda Metro station and public garages. Call 301-215-6660 or visit www.bethesda.org.

ENTERTAINMENT SCHEDULE

Fairmont Avenue Stage

11 a.m. — Patrick Alban (Latin)
1:30 p.m. — Cheik Hamala (West African Funk)

St. Elmo Avenue Stage

11:15 a.m. — Bravenoise (Rock)
1:15 p.m. — Invitation (Variety)

Cordell Avenue Stage

11:15 a.m. — LaRue Boogaloo (Soul & Jazz)
1:45 p.m. — Jumptown (Blues, R&B, Soul)

Norfolk Avenue Stage

11 a.m. — Soul in Motion (African Dance & Drum)
12 p.m. — Wong Chinese Lion Dancers (Chinese)
1 p.m. — Flamenco Aparicio (Flamenco)
2 p.m. — Gye Nyame African Cultural Dance Company (African)
3 p.m. — Nomad Dancers (International)

Veterans Parks

11 a.m. — Trio Caliente (Flamenco, Brazilian)
1:30 p.m. — Justin Trawick Trio (Urban Folk Rock)

Participating Restaurants

American Tap Room
Bangkok Garden Restaurant
Bangkok One Thai
The Barking Dog
Bethesda Crab House
BGR The Burger Joint
Bistro LaZeez
BlackFinn American Saloon
Bold Bite
Brasserie Monte Carlo
Bundles of Cookies
California Tortilla
Caribou Coffee
Chef Tony's
Daily Grill
Divino Lounge
Flanagan's Harp & Fiddle
Fresh Grill
Georgetown Cupcake
Haagen-Dazs
Haandi Indian Cuisine
Hanaro Restaurant & Lounge
Hard Times Café
Honest Tea
Jaleo
Jiffy Shoppes
Just Cakes
Kabob Bazaar
Lebanese Taverna
Lilit Café
Louisiana Kitchen & Bayou Bar
M & N's Pizza
Mamma Lucia
Matuba Japanese Restaurant
Morton's
Naked Pizza
Nest Café
Olazzo
Original Pancake House
The OZ Restaurant
The Parva
Passage to India
Penang Malaysian Cuisine
Plaza Del Sol
Quartermaine Coffee
Ri Ra Irish Pub and Restaurant
Rock Bottom Restaurant
Ruth's Chris Steak House
Savour India
Shangri-La
Smoothie King
Spring Mill Bread Company
Sweet Basil Gourmet Thai Cuisine
Taylor Gourmet
Tout de Sweet
Uncle Julio's
Union Jack's
Uptown Deli
Yamas Grill
Zen Tara Tea

Butler's Orchard 31st Annual Pumpkin Festival

Every Sat. & Sun. + Columbus Day
in October



\$10 per person;
under age 2 free –
Includes New
Spider Web,
Hayride, Mazes,
Pumpkinland,
Wildcat Run Slide,
Hayloft, Barnyard
Buddies, Rubber Ducky Derby,
Pedal Tractors, Pumpkin Coach & Tube Slide.

Pick your own
Pumpkins \$

Live Music
Every Day,
noon - 4

Additional fees for pony rides, face
painting, kids' crafts, Pumpkin
Cannon, Country Food Vendors.



Country outings close by – we're
east of Germantown, off Route 27.

www.ButlersOrchard.com

Providing good, green fun and local produce for more than 60 years

HOME SALES

In August 2011, 67 Potomac homes sold between \$2,375,000-\$240,000.

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision
11817 CENTURION WAY	6	7	1	POTOMAC	\$2,375,000	Detached	2.00	20854	PALATINE
10706 BURBANK DR	6	4	3	POTOMAC	\$1,955,000	Detached	2.12	20854	POTOMAC MANOR
11620 LAKE POTOMAC DR	7	8	2	POTOMAC	\$1,800,000	Detached	2.00	20854	LAKE POTOMAC
10801 STANMORE DR	6	5	1	POTOMAC	\$1,695,000	Detached	2.30	20854	POTOMAC FALLS
10700 BALANTRE LN	5	5	1	POTOMAC	\$1,680,000	Detached	2.22	20854	POTOMAC VIEW ESTS
10613 WILLOWBROOK DR	5	4	1	POTOMAC	\$1,675,000	Detached	2.04	20854	KENTSDALE ESTATES
12604 GREENBRIAR RD	5	4	2	POTOMAC	\$1,640,000	Detached	2.00	20854	PALATINE
9937 OAKLYN DR	5	4	3	POTOMAC	\$1,639,900	Detached	1.06	20854	AVENEL
10901 RIVERWOOD DR	6	5	1	POTOMAC	\$1,495,000	Detached	2.00	20854	POTOMAC VIEW ESTS
10005 GARY RD	6	7	1	POTOMAC	\$1,395,000	Detached	1.04	20854	POTOMAC HILLS
13438 BISSEL LN	5	5	1	POTOMAC	\$1,325,000	Detached	2.01	20854	RIVER CROSSING
9304 CRIMSON LEAF TER	5	4	1	POTOMAC	\$1,300,000	Detached	0.50	20854	AVENEL
7301 RIVER FALLS DR	5	4	1	POTOMAC	\$1,250,000	Detached	0.34	20854	RIVER FALLS
9221 CAMBRIDGE MANOR CT	5	4	1	POTOMAC	\$1,225,000	Detached	0.47	20854	POTOMAC OUTSIDE
10905 HOMEPLACE LN	6	4	1	POTOMAC	\$1,135,000	Detached	2.00	20854	PINEY GLEN FARMS
7701 HACKAMORE DR	6	4	1	POTOMAC	\$1,115,000	Detached	0.35	20854	RIVER FALLS
8 LARKMEADE CT	5	4	1	POTOMAC	\$1,105,000	Detached	0.22	20854	BELLS MILL ESTATES
12421 ANSIN CIRCLE DR	4	3	2	POTOMAC	\$1,075,000	Townhouse	0.05	20854	PARK POTOMAC
13522 BROADFIELD DR	4	4	1	POTOMAC	\$1,057,100	Detached	0.23	20854	PINEY GLEN VILLAGE
9403 TURNBERRY DR	5	3	1	POTOMAC	\$1,050,000	Townhouse	0.08	20854	AVENEL
10500 SCARBORO LN	6	3	2	POTOMAC	\$965,000	Detached	0.31	20854	WINDSOR HILLS
11801 GREENLEAF AVE	5	2	1	POTOMAC	\$925,000	Detached	0.72	20854	WILLERBURN ACRES
8904 COPENHAVER DR	5	3	2	POTOMAC	\$922,000	Detached	0.29	20854	COPENHAVER
10851 SPRING KNOLL DR	4	4	0	POTOMAC	\$915,000	Detached	2.02	20854	POTOMAC OUTSIDE
9913 DOUBLETREE CT	5	3	1	POTOMAC	\$910,000	Detached	0.35	20854	GLEN OAKS
11805 GREENLEAF AVE	5	3	1	POTOMAC	\$885,000	Detached	0.28	20854	WILLERBURN ACRES
12315 OVERPOND WAY	5	3	1	POTOMAC	\$870,275	Detached	0.26	20854	COPENHAVER
9521 WOODINGTON DR	4	4	1	POTOMAC	\$867,500	Detached	0.42	20854	BEDFORDSHIRE
7908 RAPHAEL CT	4	4	1	POTOMAC	\$867,000	Detached	0.36	20854	WILLERBURN ACRES
12466 ANSIN CIRCLE DR	3	2	1	POTOMAC	\$855,000	Townhouse	0.03	20854	WHEEL OF FORTUNE
8203 SNUG HILL LN	5	4	2	POTOMAC	\$845,000	Detached	0.30	20854	EAST GATE OF POTOMAC
7951 TURNCREST DR	3	3	1	POTOMAC	\$840,000	Townhouse	0.07	20854	POTOMAC CREST
8309 TURNBERRY CT	3	2	2	POTOMAC	\$825,000	Townhouse	0.05	20854	AVENEL
11512 HORNBUR CT	4	3	1	POTOMAC	\$824,000	Detached	0.33	20854	BEDFORDSHIRE
11916 GREGERSCROFT RD	5	2	1	POTOMAC	\$807,000	Detached	0.35	20854	GLEN OAKS
8128 BUCKSPARK LN E	4	2	1	POTOMAC	\$805,000	Detached	0.25	20854	EAST GATE OF POTOMAC
7901 LAKENHEATH WAY	6	3	1	POTOMAC	\$793,000	Detached	0.59	20854	INVERNESS FOREST
9413 HOLBROOK LN	4	2	1	POTOMAC	\$790,000	Detached	0.37	20854	TIMBERWOOD OF POTOMAC
8717 POSTOAK RD	4	3	1	POTOMAC	\$785,000	Detached	0.19	20854	HIGHLAND STONE
10828 HOB NAIL CT	4	2	1	POTOMAC	\$780,000	Detached	0.30	20854	FOX HILLS
2303 HENSLowe DR	4	3	1	POTOMAC	\$776,250	Detached	0.20	20854	ORCHARD RIDGE
12438 ANSIN CIRCLE DR	3	3	1	POTOMAC	\$770,000	Townhouse	0.03	20854	WHEEL OF FORTUNE
8124 PAISLEY PL	5	3	1	POTOMAC	\$765,000	Detached	0.28	20854	INVERNESS FOREST
12500 PARK POTOMAC AVE #809 N	2	2	1	POTOMAC	\$749,900	Hi-Rise 9+ Floors		20854	PARK POTOMAC
12109 GREENLEAF AVE	5	3	1	POTOMAC	\$730,000	Detached	0.25	20854	WILLERBURN ACRES
10001 GABLE MANOR CT	4	3	0	POTOMAC	\$715,000	Townhouse	0.13	20854	POTOMAC VILLAGE
10444 DEMOCRACY LN	4	2	1	POTOMAC	\$715,000	Townhouse	0.09	20854	EAST GATE OF POTOMAC
12308 AMBLESIDE DR	4	2	1	POTOMAC	\$710,000	Detached	0.39	20854	GLEN PARK
10428 DALEBROOKE LN	3	3	1	POTOMAC	\$707,000	Townhouse	0.07	20854	PINEY GLEN VILLAGE
10819 OLD COACH RD	4	2	1	POTOMAC	\$700,000	Detached	0.22	20854	FOX HILLS
2283 DUNSTER LN	4	2	1	POTOMAC	\$693,000	Detached	0.25	20854	POTOMAC WOODS
12264 SAINT JAMES RD	4	3	0	POTOMAC	\$688,000	Detached	0.35	20854	GLEN PARK
4 KETTLE POND CT	5	3	0	POTOMAC	\$670,000	Detached	0.28	20854	POTOMAC WOODS EAST
10407 DALEBROOKE LN	3	3	1	POTOMAC	\$668,500	Townhouse	0.05	20854	PINEY GLEN VILLAGE
11705 BUNNELL CT N	4	2	1	POTOMAC	\$665,000	Detached	0.20	20854	HIGHLAND STONE
12112 GATEWATER DR	3	3	1	POTOMAC	\$645,000	Townhouse	0.08	20854	FALLSBERRY
1415 FALLSWOOD DR	4	2	1	POTOMAC	\$640,000	Detached	0.24	20854	FALLSWOOD
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1382 CANTERBURY WAY	5	2	1	POTOMAC	\$620,000	Detached	0.22	20854	POTOMAC WOODS
8413 VICTORY LN	4	2	1	POTOMAC	\$570,000	Detached	0.23	20854	REGENCY ESTATES
8805 STONEHAVEN CT	3	3	0	POTOMAC	\$550,000	Detached	0.21	20854	HIGHLAND STONE
7538 CODDLE HARBOR LN	4	3	1	POTOMAC	\$542,000	Townhouse	0.05	20854	INVERNESS KNOLLS
8010 INVERNESS RIDGE RD	3	2	2	POTOMAC	\$529,000	Townhouse	0.08	20854	INVERNESS FOREST TH
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7755 SCOTLAND DR	4	2	0	POTOMAC	\$263,000	Townhouse	0.03	20854	SCOTLAND COMMUNITY
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BUSINESS NEWS

Washington Fine Properties Honored

The following Washington Fine Properties agents were ranked among the "Top 100 Sales Professionals" in the United States in 2010 by the Wall Street Journal and Real Trends Inc.: Nancy Taylor Bubes, Mark McFadden, William F. X. Moody, Robert Hryniewicki, Ellen Morrell and Matt McCormick.

In addition, Washington Fine Properties entire sales team has been recognized and awarded this year for the

"Highest Sales Volume Per Agent" and the "Highest Average Sales Price Per Transaction" by Real Trends Inc.

Washington Fine Properties surpassed numerous national firms in residential real estate sales in 2010, according to The Wall Street Journal and Real Trends, Inc. With a team of 125 sales professionals, Washington Fine Properties generated north of \$1.3 billion in sales volume in 2010.

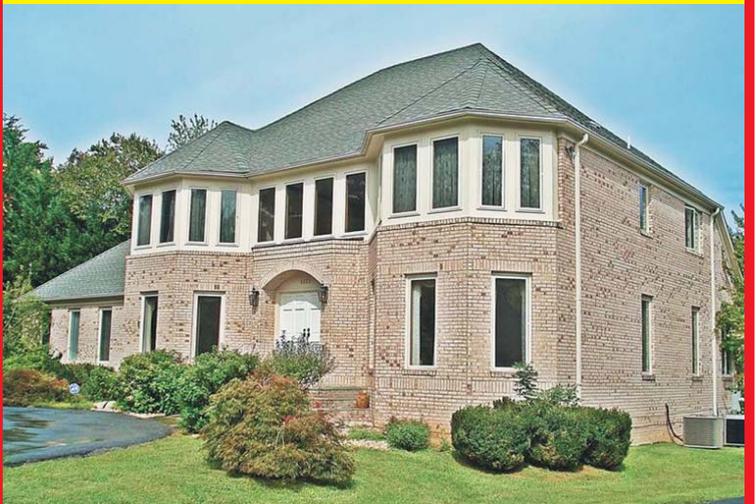
BOWA Named 2011 Business of the Year

BOWA, a home transformation company specializing in the design and construction of large-scale additions and renovations, and Steve Kirstein, principal, were named the 2011 "Business of the Year" and "Business Person of the Year" by the Potomac Chamber of Commerce. Kirstein and BOWA will be recognized at this year's Potomac Day Parade to be held on Oct. 22 and at a Chamber Awards Dinner in November.

As a long-time Potomac resident, Kirstein is a member and past officer of the Potomac Chamber of Commerce. Most recently, BOWA once again served as the presenting sponsor for the 11th Annual Autism Speaks 5K Run and One-Mile Walk on Monday, July 4 in Potomac. Kirstein acted as the sponsorship chair, raising a record-setting \$270,000.

For more information on BOWA, see www.bowa.com.

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Call Specific Agents to Confirm Dates & Times.

Bethesda (20817)

6509 Bradley Blvd	\$995,000	Sun 1-4	Frances Baker	Wash Fine Prop	301-367-8854
8022 Thornley Ct	\$1,195,000	Sun 1-4	Gail Quartner	Long & Foster	301-907-7600
8302 Woodhaven Blvd	\$849,000	Sun 1-4	Raj Purohit	Weichert	240-486-3921
9005 Quintana Dr	\$835,000	Sun 1-4	Alan Bruzee	Long & Foster	301-548-9700
9601 Weathered Oak Ct	\$1,599,000	Sun 1:30-4	Ruffin Maddox	Wash Fine Prop	301-922-4443

North Potomac (20878)

14620 Snapdragon Cir	\$695,000	Sun 1-4	Jill Aharon	Coldwell Banker	240-328-2640
14968 Duffie Dr	\$739,000	Sun 1-4	Michelle Yu	Long & Foster	301-907-7600

Potomac (20854)

10038 Carmelita	\$989,900	Sun 1-4	Yasmin Abadian	Long & Foster	301-983-1212
10400 Democracy Blvd	\$1,750,000	Sun 1-4	Alexa Kempel	Wash Fine Prop	240-678-4561
10633 Willowbrook Dr	\$1,599,900	Sat/Sun 1-4	Autumn Ambrose	Potomac Heritage	240-453-9444
11409 Falls	\$1,699,000	Sun 1-4	Norman Domingo	X Realty.NET LLC	888-838-9044
11716 Lakepotomac Dr	\$1,995,000	Sun 1-4	Anne Baker	Wash Fine Prop	202-997-0504
11904 Tallwood Ct	\$1,065,000	Sun 1-4	Meg Percepepe	Wash Fine Prop	240-441-8434
9225 Cambridge Manor Ct	\$1,650,000	Sat 1-4	Jerry Rotter	Coldwell Banker	301-335-9330
9910 Avenel Farm Dr	\$1,695,000	Sun 2-4	Adler/ Gross	Long and Foster	301-518-0297

Rockville (20850, 20852)

13600 Valley Oak Cir	\$899,900	Sun 1-4	Caryn Gardiner	Long & Foster	240-497-1700
11750 Old Georgetown Rd #2316	\$393,395	Sat 11-6	Bob Lucido	Toll MD Realty, LLC	410-979-6024
5802 Nicholson Lane, Unit 402	\$599,000	Sun 1-4	Leslie Friedson	Long & Foster	301-455-4506

For an Open House Listing Form,
call Deb Funk at 703-778-9444 or e-mail
debfunk@connectionnewspapers.com

All listings due by Monday at 3 P.M.

Churchill Football Loses Battle of Unbeatens

Seneca Valley buries Bulldogs in 18-0 hole.

BY JON ROETMAN
THE ALMANAC

In a battle of undefeated football teams, Churchill showed promise in the early stages of its Sept. 23 matchup against Seneca Valley.

The Bulldogs defense forced a missed field goal attempt and intercepted a pass during Seneca Valley's first two possessions. On offense,

Churchill's first play for scrimmage went for 45 yards as quarterback Lansana Keita connected with Aik Davis on a deep pass down the left side of the field.

From that point, however, highlights were hard to come by for the Bulldogs, who received a wake-up call from one of the state's most

decorated programs.

Seneca Valley defeated Churchill, 32-6, on the Screaming Eagles' soggy home field in Germantown. After a scoreless first quarter, Seneca built an 18-0 lead with three touchdowns in a four-minute stretch during the second quarter and never looked back.

Churchill opened the season 3-0, outscoring its opponents 108-14 during victories against Kennedy, Whitman and Bethesda Chevy-Chase. But against a Seneca Valley program



Churchill quarterback Lansana Keita carries the ball against the Seneca Valley defense during the teams' Sept. 23 contest.

with 12 state championships, the Bulldogs, who haven't qualified for the playoffs since 2004, suffered what head coach Joe Allen hopes is an eye-opening loss.

"I hope our kids have learned an important lesson," Allen said. "I think they read stuff in the media and it tends to give them false impressions on where we really are as a program. We're striving to be an elite program in Maryland and you've got to beat teams like Seneca Valley in order to prove that."

On offense, Churchill struggled to move the ball, finishing with 260 yards and four turnovers, including a fumble Seneca Valley returned for a touchdown. Trailing 25-6 in the third quarter, the Bulldogs failed to score after a first-and-goal on the Seneca Valley 5-yard line.

Churchill also committed at least seven penalties.

"The turnovers are our fault," Allen said. "We haven't played this poorly on offense in a long time. We weren't as disciplined as we should have been. When you [commit]



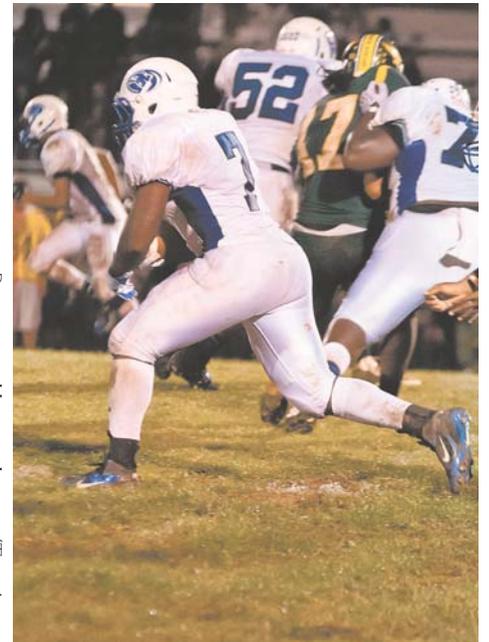
Churchill receiver Quan Gill caught four passes for 62 yards against Seneca Valley on Sept. 23.

penalties and penalties [negate] big plays, it takes away your momentum. When you make mistakes against a team like Seneca Valley, they're going to capitalize on it. Tonight they just got off the ball quicker and, again, we shot ourselves in the foot just too many times."

Keita completed 9 of 20 passes for 152 yards and was intercepted twice. Curtis Kamara led the Bulldogs with 49 rushing yards in 10 carries and scored the team's lone touchdown. Quan Gill had four receptions for 62 yards.

Churchill's lone scoring drive was a nine-play, 80-yard effort that lasted a little more than 4 minutes. Keita completed a 16-yard pass to Behtash Banihashemi and a 19-yard toss to Gill during the march, and capped the drive by pitching the ball on an option left to Kamara, who raced 17 yards for the touchdown.

Defensively, the Bulldogs forced two turnovers, but surrendered four touchdowns. Linebacker Bret Sickels led Churchill with 11 tackles and an interception.



Churchill running back Curtis Kamara scored the Bulldogs' lone touchdown in a loss to Seneca Valley on Sept. 23.

"Honestly," Sickels said, "I don't think we had the mindset we had the past couple games. It just wasn't the same. I definitely think we can learn from it."

Dominique Williams, Jacob Suissa and Vinny Montgillion each had six tackles for the Bulldogs. Nadim Elhage recorded five tackles, Davis finished with four and Jake Cantor tallied three.

"I don't think Seneca's 26 points better than us," Allen said. "I don't think anybody thinks that who saw this game. I just think we just could not match their intensity and they were just quicker off the ball than we were on both sides of the ball."

If Churchill is going to bounce back, it will have to do so against another tough opponent. The Bulldogs will host Gaithersburg at 6:30 p.m. on Friday, Sept. 30. Last season, the Trojans beat Churchill, 42-0, in the opener.

"When stuff hits the fan, you've got to stay focused and you've got to stay together," offensive tackle Karou Diakite said. "We've got to learn to face adversity."

SPORTS BRIEFS

Churchill Girls Soccer Starts 4-0

After winning a pair of lopsided contests, the Churchill girls soccer team recently pulled out a pair of one-goal affairs. The Bulldogs beat Paul VI, 2-1, on Sept. 21 and edged Quince Orchard, 3-2, on Sept. 26, improving Churchill's record to 4-0.

The Bulldogs will host Blair at 7 p.m. on Wednesday, Sept. 27.

Whitman Football Team Drops to 2-2

The Whitman football team lost a road game to Springbrook, 14-0, on Sept. 23, dropping its record to 2-2.

Springbrook limited the Whitman offense to 122 yards, including four through the air. Arsalan Nejad led the Vikings' ground game with five carries for 63 yards. Val Djidotor carried seven times for 43 yards.

The Vikings will travel to face Bethesda-Chevy Chase at 6:30 p.m. on Friday, Sept. 30, before returning home to face Quince Orchard on Oct. 6.

Wootton Beats Richard Montgomery

The Wootton football team defeated Richard Montgomery, 28-7, on Sept. 23 at Walter Johnson High School, improving the Patriots' record to 2-2. In four games, Wootton equaled its win total from the previous season. Wootton will host Walter Johnson at 6:30 p.m. on Friday, Sept. 30.

Rowan Kubeluis and the Wootton field hockey team defeated Clarksburg, 7-0, on Sept. 26. The Patriots will travel to face Churchill on Oct. 3.



PHOTO BY HARVEY LEVINE/THE ALMANAC

SCHOOLS

WES Donates School Uniforms to Haiti

Washington Episcopal School underwent a change in the school uniform this year, requiring students in grades 1 to 8 to wear a new uniform. This got eighth-grade student Grace Recka to thinking: what was going to happen to all the old uniforms? She came up with an idea to find a school in need and donate the uniform items to them.

Recka received permission from the middle school director and began her search to locate a school that could use them.

She then contacted friends and coaches she knows in the D.C. area and after a few months had success.

She and her parents were in touch with the Missionaries of Charity in Bronx, N.Y., who contacted a school in Haiti that was delighted to receive the uniforms.

"The group of nuns in the Bronx



Washington Episcopal School eighth-graders sort school uniforms to donate to a school in Haiti. From left are Beatrice Lennon, Grace Dickinson, Jeffrey Ross and Grace Recka.

regularly travels to Haiti and they will take the uniforms with them on their trips down there," said Recka. During the summer dozens of red plaid jumpers, skirts, and ties streamed into the school

to be boxed up and shipped. "It was terrific that we had so many families take the time to bring in their old uniforms in the middle of the summer," she said.

Recka and her mother, Carole Tomko, sorted the first batch of uniforms by size and style and shipped them in 13 big boxes to the Bronx. Recka and classmates helped to sort the second shipment in early September.

program materials are being provided through a grant from the EDGE Foundation.

Visit www.mcleanschool.org or call 240-395-0686.

SCHOOL NOTES

The following students were named National Merit Scholarship semifinalists in the 2012 competition. The semifinalists will go on to compete nationally for scholarships that will be offered in the spring. The competition is sponsored by the National Merit Scholarship Corporation.

❖ **WALT WHITMAN HIGH SCHOOL** — Claire K. Bartholomew, Elizabeth N. Bartlett, Lydia M. Carroll, Lucy Chen, Kevin Cheng, Brian C. Clarkson, Thomas Delacour, Stephanie G. Franklin, Lauren E. Levy, Daniel H. Milzman, Kaitlin C. Payne, Alexandra L. Phillips, Ryan S. Pollowitz, Nathaniel T. Rabner, Amartya A. Rajaram, Anna R. Ryba, Basil M. Smitham, Jeremy B. Steinberg, Jacob L. Taswell, and Kevin S. Tyan.

❖ **WINSTON CHURCHILL HIGH SCHOOL** — Brian A. Bontempo, Charlotte W. Bourg, Lyon W. Chen, Derek L. Gritz, Nancy J. Guan, Christine N. Hildreth, Ariel Lai, Raymond Y. Li, Anthony K. Linn, Joshua D. Preuss, George B. Stackhouse, Cindy Yiin, and Cindy B. Zheng.

❖ **THOMAS S. WOOTTON HIGH SCHOOL** — Kavita Bhatnagar, Alice J. Chang, Sanjeev S. Dhara, Matthew C. Du, Catherine H. Ji, Narain Krishnamurthy, Meghna Ramaswamy, Jiyoung Song, Matthew E. Spotnitz, Julia J. Wainger, Christopher Wong, and Xiyang Zhao.

Julia Scanlon, daughter of Elise and Robert Scanlon of North Potomac, began her first year at Saint Michael's College this semester. She is a graduate of Portsmouth Abbey School.

Dr. Patricia Quinn, recognized authority on students with ADHD, will be conducting a study with the Class of 2012 at McLean School of Maryland based on her most recent book "On Your Own: A College Readiness Guide for Teens with ADHD/LD." Seniors participating in the study will receive specialized coaching from a certified organizational coach throughout the school year and will be tracked over the course of their first year in college to measure the efficacy of the program.

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"Confliction"



By KENNETH B. LOURIE

I know I need to get out more, as in go places – out of town, specifically, and do more things (while I'm able), but I'm conflicted. Since my diagnosis, back in February 2009, my life has evolved into a variety of cancer-targeted pursuits whose goal was to survive the original 13-month-to-two-year prognosis I was given; from adhering to the standard cancer-treatment protocols with which most people are familiar: chemotherapy and/or radiation, lab work, diagnostic scans, regular and recurring appointments with my oncologist, etc., to lifestyle and diet changes: alkaline diet, alkaline water, miscellaneous pills and supplements, baking soda, apple cider vinegar, pureed asparagus, probiotics, exercise and so forth. And largely, given the 30-month point at which I am presently still living and breathing, these changes/modifications have had a presumably positive effect on my life expectancy.

In considering the facts/feelings and wondering still (always) about the future (and the present, too; let's be honest here), I feel like I'm at a crossroads of sorts: what to do/where to go next? If I want to live longer and hopefully prosper, perhaps something in my life needs to change. But change is difficult for me, especially when changes that I've made previously have apparently (not definitively) extended my life way beyond that rather grim and discouraging prognosis I received two and a half years ago.

Nevertheless, stagnation is probably not good for the soul, either. And if I want to continue to pretend that nothing is really wrong with me, staying in my routine, as much as I've come to embrace it, might not be the best long-term answer. I can't imagine that being afraid to live outside my cancer-fighting cocoon is the best revenge, as they say. But breaking free of some of these cancer-induced boundaries is risky – in my head, anyway, and worrisome, too; as in why mess with success? But if I don't, there's an ever-increasing sense that the mental restraints that I am self-imposing will weaken my resolve somehow and provide a type of aid and comfort to the enemy which I – and so many others, are fighting.

I can't stop thinking that to do so would be a leap of faith, however. And though I've had faith and belief in what I've been doing to support my immune system in fighting this insidious – and incurable disease (stage IV lung cancer), I still want to think and act like I'm open to, and always doing, more – without leaping too much. But if more (something new and different – for me) causes me to do less of what I have already been doing and what I perceive has been successful in keeping me alive/enabling me to outlive my original prognosis, then I start using some of my deceased father's made-up words, which means I don't have any of my own real words to accurately describe the stress, anxiety, fear, uncertainty and "confliction" I feel. And even though invoking my father's memory – in almost any context is a good thing, invoking it here, with respect to one of my cancer conundrums seems disturbing somehow, as if I'm involving him in something I'd rather spare him from knowing. Do you know what I mean?

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

NEWS



The middle school building at the Connelly School of the Holy Child.

50 Years

FROM PAGE 6

The Happy Pickle (which occupied the house where WC and Ann Miller Realtors is located), curtsying properly while accepting the bi-weekly report card from Reverend Mother, and the required use of a fountain pen in all classes. PE was taught outside and in the hallway if it was cold or rainy – anywhere we could go since we had no gymnasium.

Even then, we had an equestrian program so we went to Avenel to ride horses. We were all involved in every activity and played on all the sports teams – obviously we were not very competitive, but we had a good time."

Delahay's twin daughters Kay Delahay Kalthorn and Barbara Delahay Murray were the first alumnae children to graduate from the school. Two other daughters, Ann Delahay Travis and Liz Delahay graduated from Holy Child as well. Both Kay and Barbara returned to work at the school; Kay taught science and Barbara was director of admissions.

The anniversary kick-off began on Friday, Sept. 9 with a "Mass of the Holy Spirit" led by His Eminence Donald Cardinal Wuerl. The major anniversary festivities will continue with the Blue and Gold Games and Community Bar-B-Que on Saturday, Oct. 1 from 2:30 – 6:30 p.m.

Following these games will be an Alumnae Reception from 5–7 (RSVP requested) which will feature a special willow tree planting to commemorate one of the enduring symbols of the school. Then alums will head off-campus to their individual class reunions.

On Sunday, Oct. 2 at 11 a.m., His Eminence Theodore Cardinal McCarrick will deliver a 50th Anniversary Commemorative Mass in the gymnasium. The mass is open to the public. Following the mass, a buffet brunch will be served to the extended Holy Child community. More than 400 people are expected including former trustees and faculty and members of the first graduating class of 1965. The price for brunch is \$10 per person or \$30 for a family.

The anniversary celebration of 50 years of educating young women will continue throughout the year, involving students and faculty in interdisciplinary activities to honor and further understand the history and philosophy of the school.

The staff and students will also be engaged in evaluating the school's mission effectiveness and goals.

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Chamber Networking

Adam Greenberg, president of the Potomac Chamber of Commerce, talks with Elie Cain of the Potomac Theatre Company during the recent Potomac Chamber of Commerce's networking event.



Frederick Offermann of LTC Insurance Annuities of Potomac accepts a business card from Ashley Briggs of Schreiber Translations.



Carol Leahy, president of the Potomac Theatre Company shows the PTC brochure to Tracy Heichelbech of First Command Financial Advisors of Potomac.



Jennifer Matheson, director of operations for the Potomac Chamber of Commerce, and Sandra Conchar check in guests at the event.

Residents Spearheads Dystonia Fundraiser

FROM PAGE 6

adult is diagnosed, the symptoms usually occur in a body part, often the neck, face, arm or leg.

MORE AND MORE of the country's wounded warriors are being diagnosed with dystonia due to traumatic brain injuries. The Department of Defense now recognizes dystonia as one of the devastating conditions that its military men and women are returning with from Iraq and Afghanistan. To raise awareness that dystonia does affect the military, the committee is hoping that volunteers will come forward to sponsor a soldier to play in the Dystonia Golf Classic.

There is no cure for dystonia and it is often mis-diagnosed. "It took 2 and a half years for doctors to finally diagnose my dystonia," Driscoll said. "I have focal dystonia which is

in my leg and affects walking, balance, the control of my left foot - and also causes tremors and spasms. I decided to consult the Mayo Clinic after being seen by a chiropractor, physical therapist, neurologist and family physician who told me I might have MS or Parkinson's. I thought I was going to have a nervous break-

down until it was finally diagnosed and I had a name for what I was facing."

THE 21-PERSON committee has each donated a creative gift basket for the silent auction and corporations and supporters have donated live auction items. These include two roundtrip tickets from Delta, a trip to Puerto

Vallarta, Mexico, wine and oriental rugs donated by Parvizian Fine Rugs in Bethesda. The silent auction baskets feature a variety of themes, including "Italian Night," "Hail to the Redskins," and "Posh Potomac."

Three major sponsors are Dr. Zachary Levine of the Washington Brain and Spine Institute, EU Services and Christy and Libby Hughes, owners of the Irish Inn in Glen Echo. Driscoll is determined to find a cure and better treatments for her disease. "I have walked the halls of Congress every year to make our Congress realize how devastating this disease is — and that money needs to be allocated for more research. Three hundred thousand Americans are afflicted with it — and the numbers are rising. It's the only way to unlock the mystery of why children and adults get this disease — and how it can be treated and cured," she said.

"I am determined to raise enough money to solve the mysteries of this disease and find a cure."

— Donna Driscoll



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