

Potomac ALMANAC

Home Life Style

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In Need of a Trust

NEWS, PAGE 3

Potomac resident
Deborah Underhill
spends play time
with her PetConnect
senior foster dogs,
KC and Maggie.

Dear Deer

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Night Crawl for Adoptions Together

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Whitman Girls Soccer Team a Shutout Machine

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'Dear Deer, What Can the Matter Be?'

Latest deer report shines light on increasing problems with deer.

BY KEN MOORE
THE ALMANAC

In July, the county and its deer management work group published the annual report on what to do about deer.

Recommendations are submitted to and implemented by county, state and federal agencies as well as private landowners.

See www.ParksDeerManagement.org, which includes data from the last 16 years on deer-vehicle collisions, impacts to natural ecosystems, damage to crops, and the success of managed hunts and other measures to manage deer population.

The goal of the county's deer management program is to "reduce deer-human conflicts to a level compatible with human priorities and land uses."

The county's program has four main objectives: to reduce deer-vehicle collisions; to reduce deer damage to agriculture and home landscapes to acceptable levels; to reduce negative impacts of deer on plant and animal diversity; and to continue education programs to help residents learn about deer, deer problems, and how to minimize deer-human conflicts.

Ideas studied, researched, or approached have included everything from increasing deer hunts and "harvest goals" in county parks, to contraceptives, to composting carcasses, to deer hunts in local neighborhoods, to studying the need for deer management in Great Falls National Historic Park.

In 2010, 6,887 deer were killed in Montgomery County in programs designed to reduce the population, including managed hunts, sharpshooting in county parks and more.

For example, 128 deer were killed when the Montgomery County Division of Solid Waste Services initiated a program on 800 acres of property in the Dickerson area.

On the other hand, wildlife reflector systems and experimental warning signs, which were tested at eight county locations "have proven to have no effect in reducing deer vehicle collisions."

While the county report gives no estimate of the current deer population, a report by Montgomery County Parks indicates that the number of deer could double every two years without some efforts to manage the herds.

The 2009 Wildlife Damage Survey conducted by Maryland Agricultural Statistics indicated central Maryland farmers sustained more than \$3.2 million in losses due to deer. In 2004, the county's agricultural community declared deer overpopulation to be the number one threat to farming in the county.

While fencing has been effective, it is costly. Deer repellents have had limited success.

Community groups can schedule programs of workshops for homeowners on protecting their property from deer dam-

age by calling 301-590-9650 or 301-962-1341.

MANAGED DEER HUNTS

The Department of Parks conducts managed deer hunts in 11 county parks in the fall and winter, supervised by the department's wildlife staff. Parks are closed when hunts are taking place.

Many hunters shoot from deer stands, which ensures that weapons are directed into the ground and/or other suitable backdrops.

"Safety buffers are established to meet and exceed State and County ordinance and hunting sites are selected to use terrain, distance, and habitat



to enhance safe weapons discharge," according to the county.

The county began managed hunts in 1996.

Deer meat from the county hunts is donated to the Capital Area Food Bank for distribution to charitable organizations. The Department of Parks has donated at least 148,234 pounds of venison or 592,936 servings. The 401 deer donated this year equated to more than 16,000 pounds of meat donated to the Capital Area Food Bank.

The county focuses on killing female deer, antlerless deer since that is so critical in reducing populations.

Montgomery Parks Managed Hunt Dates While Montgomery County Parks hold managed deer hunts in more than a dozen locations around the county, only one is in Potomac, Blockhouse Point, where hunts

will be held on Nov. 8, Nov. 22 and Dec. 13. The park is closed on those dates.

Police-based sharp shooting was implemented in the county in the spring of 1999 and occurs annually in 17 parks.

BOWS AND ARROWS?

Bow hunters who have passed hunter certification safety and background checks have been utilized in deer management efforts in neighborhoods and houses that specifically ask and agree to them.

Petitions have recently been circulated by homeowners in Potomac neighborhoods and yards asking if homeowners would give hunters permission to hunt on specific properties during the hunting season, mid-September to January.

Montgomery County code prohibits anyone from firing a bow from, onto or across a public road or within 150 yards of a house without the owner's written consent, but bow hunting is allowed in all parts of the county if it meets these requirements. It is possible to see a bow hunter legally hunting next to a public road as long as he/she is shooting away from the road and has the property owner's permission.

Because approximately 80 percent of the county is private, efforts to manage deer populations will need to include private land and encouraging landowners and hunters to manage deer herds on private property, according to the county deer report.

DISPOSAL AND REFRIGERATION

Thousands of deer carcasses have to be picked up and disposed of from county roads every year. Disposal is expensive and relies on a contractor that has told the county that it may stop providing the service in the future.

The report recommends developing a composting program in the county (possibly in conjunction with the State Highway Administration) that would provide a more dependable and less expensive alternative of disposal.

SEE DEAR DEER, PAGE 19

'Put Your Trust in the Dog and Your Dog in the Trust'

Planning needed before pet owner's death.

BY CAROLE DELL
THE ALMANAC

"Animal rights is one of the greatest social justice movements of our time. It's captivating and alluring to students to get involved in this, to recognize that the human-animal bond is not reflected in the law as it is in society."

— Pamela Hart, Director of ALDF's Animal Law Program

Last May, KC & Maggie lost their home. It wasn't due to foreclosures or a failing job market, but a simple

lack of planning. Their plight happened suddenly and left them alone and defenseless.

KC & Maggie are two senior dogs whose human companion died before they did. A kind neighbor took them in, but after six months the hospitality ran out and instead of a cozy home they found themselves easing their bones on a cement floor at a local shelter.

Although their homelessness was accidental, it could have been prevented had pro-

How To Help

To inquire about KC and Maggie, email Joe Broodmare at joseph.p.bordonaro@gmail.com

Those wishing to volunteer or donate to help rescue a homeless pet, visit the website: petconnectrescue.org

Or call: 1-877-838-9171

visions for their care been set in place earlier.

"These dogs are the poster pets for people who don't make proper plans for their pets in case something should happen to them as owners," said Deborah Underhill, a PetConnect Rescue volunteer and foster

person, who is fostering the two dogs.

Being kept together in the shelter helped KC and Maggie through some of the tough times until PetConnect, of Potomac, gave them another chance. But, because of their age (10 or 11-years-old) their potential for adoption is limited. This, in turn, limits the amount of other rescued dogs that Underhill will be able to foster during the potentially extended time they are in her care.

But, rescuing dogs is not always about expediency at PetConnect, according to Mindy Farber, PetConnect home visit and transport coordinator who heard about the

SEE PUT YOUR TRUST, PAGE 7

ROUNDUPS

Police Meeting To Address Attempted Burglaries

Due to a rash of attempted burglaries in Potomac in the past 10 days, Montgomery County Police representatives and Council Member Roger Berliner will speak to the several Potomac communities from 7:30 to 10 p.m. on Monday, Oct. 17 at Bells Mill Elementary School.

Maravell Testifies Before Senate

In Senate testimony Oct. 4, Nick Maravell of Nick's Organic Farm in Potomac urged leaders to help farms combat potential nutrient pollution of waterways through flexible programs tailored to each region's needs. Accommodating the diverse farming operations around the country in a "multiple models approach" is key to continued water quality improvement, he said.

"Let me emphasize that American agriculture is very varied, and that diversity is a tremendous strength that should be preserved. Because there is no one model that should apply to all farms, our national policy and programs should have the flexibility to accommodate our legitimate differences. I like to call this the multiple models approach," said Maravell before the Subcommittee on Water and Wildlife of the Senate Committee on Environmental and Public Works.

Maravell urged expanding the Chesapeake Bay Watershed Initiative created in 2008 to help farmers lower nutrient runoff that can arise from manure, conventional fertilizers and soil erosion.

Noting that the marketplace rewards farmers who reduce nutrient pollution, Maravell said, "Our markets are local and regional, and our minimal impact on the environment is ... a major selling point." Identifying the origin or production system of farm products helps consumers make informed choices, he added.

For complete testimony, visit www.nicksorganicfarm.com.

Indecent Exposure Arrest in Glen Echo

On Oct. 1 at 2:30 p.m., a 2nd District officer responded to a property damage collision at the intersection of MacArthur Boulevard and Oberlin Avenue. While on scene of the collision, the officer was approached by a female jogger. The jogger stated that one of the parties involved in the collision had exposed himself to her prior to the collision.

The jogger relayed to the officer that as she was running on MacArthur Boulevard near Walthonding Road (about .5 mile from the collision scene), a car pulled alongside her and asked for directions. As the jogger provided directions to the driver, the jogger observed the driver exposing himself. The jogger fled the scene to call police and the driver then left the scene. As the jogger was passing the scene of the collision, she noticed the suspect and vehicle from the incident were involved in the collision. The suspect of the indecent exposure was arrested on scene of the collision. The suspect, who has been charged with indecent exposure, was a 28-year-old from Alexandria, Va.

Vandalisms Seen as Hate Crime

Detectives from the Montgomery County Police 1st, 2nd, and 4th District Investigative Sections have been investigating a series of vandalisms that they now believe are possibly related. They have occurred on the following dates:

On July 13, at approximately 6 a.m., officers from the 4th District responded to the 15500 block of Wembrough Street, in the Spencerville area. Officers discovered approximately 20 cars were vandalized overnight. These vandalisms included tire slashings and two instances of spray painted hate-related graffiti. Investigators believe these acts may have occurred between 1 a.m. and 5 a.m.

On July 14, officers from the 1st District responded to the Herbert Hoover Middle School, located at 8810 Postoak Road in Potomac. Detectives from the 1st District believe extensive van-

SEE ROUNDUPS, PAGE 14

NEWS



PHOTOS COURTESY OF JOHN HINES

A portion of the admission fees at Adventure Park at Silver Spring on Oct. 22 will benefit Adoptions Together.

Night Crawl for Adoptions Together

Aerial fundraiser on Oct. 22.

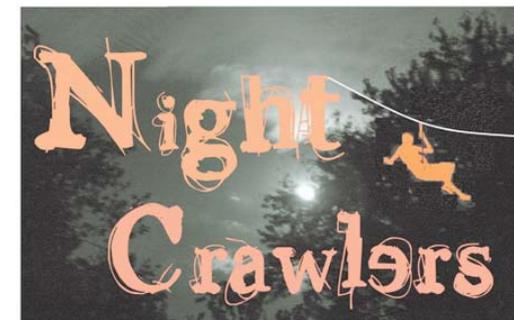
BY SUSAN BELFORD
THE ALMANAC

Feel like Tarzan, gliding 50 feet above the trees on a zip line from platform to platform through the aerial forest. And now try the zip line in the dark — an appropriate scary activity just in time for Halloween spookiness — at Adventure Park at Sandy Spring, located a half hour from Potomac. And if you go on Saturday, Oct. 22 from 3 – 11 p.m., a portion of the admission fee will benefit Adoptions Together.

Potomac's Margo Devine is planning the event for Adoptions Together. She is expecting 300 Adoptions Together participants to bring a picnic and spend the evening at the park. "This is a fun family activity," she said. "Everyone loves gliding above and through the trees, and the darkness adds another element. Families can bring a picnic, and Adoptions Together will provide s'mores by the bonfire. It will be a night the kids will never forget — and will bring out the 'big kid' in all of us."

Adoptions Together is a non-profit agency that finds permanent homes for children regardless of their age, race or health issues. Since 1990, the organization has found "forever families" for more than 3,000 children. In addition to providing child placement services, the organization also offers life-time counseling for families, adopted children, birth parents and foster families.

The Adventure Park at Sandy Spring is set on five acres at the Sandy Spring Friends School. According to its website, www.sandyspringadventurepark.org, the courses were designed by Swiss alpine mountaineers and built to the standards of the Association of Challenge Course Technology. The park was built and is currently maintained by Outdoor Venture Group, LLC. It consists of more than 150 plat-



The Adventure Park
AT SANDY SPRING FRIENDS SCHOOL

forms installed in trees and connected by cable, wood, rope and zip lines to form bridges. Groups of bridges join together to form separate courses of varying difficulty. There are 10 courses for ages 7 to adult.

The park provides a harness which is always attached by a carabiner to a life line. A head lamp and gloves are also provided, especially for "night crawling." One should wear fitted clothing and be certain that none of the clothing hangs loose or could get caught on a line. Long hair should be tied in a pony tail and leave jewelry at home. Sneakers or hiking shoes are recommended. Flip-flops and sandals are not appropriate.

Tickets are good for three hours of zip lining and a portion of the ticket price will be donated to Adoptions Together. Tickets for children ages 7 – 9 are \$39, ages 10 – 12 are \$43 and 12 and up are \$49. To make the climbing experience as simple as possible, complete the online safety waiver release by following the link: <http://sportcodemember.com/sandyspring/registration>. Safety waivers may be downloaded or completed on-site.

For more information, contact Margo Devine at 301-439-2900 or through e-mail at mdevine@adoptionstogether.org.

WWW.CONNECTIONNEWSPAPERS.COM

NEWS



Mats Wilander gives PTC Member Linda Clinch instruction on racquet preparation for the ground stroke.

Wilander 'Wows' at Potomac Tennis Club

BY SUSAN BELFORD
THE ALMANAC

Potomac Tennis Club members were thrilled with the WOW tennis clinic at their club. "I've never been coached by a number one tennis player in the world," said Fiona Carson.

Janet Szamoszegi agreed, "This

was the tennis clinic of a lifetime." Ben Watkins said, "How often do you get to play with a champ?"

This sentiment was unanimous among the 48 tennis players who experienced WOW – Wilander on Wheels on Sept. 29 and 30 at the Potomac Tennis Club courts. With only eight players per session,

SEE MATS WILANDER, PAGE 6

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Mats Wilander 'Wows' at Potomac Tennis Club

FROM PAGE 5

Wilander and his co-teacher Cameron Lickle, U.S. Naval Academy Tennis team captain and #1 on the team, were able to provide personalized one-on-one coaching through high energy fast-paced drills. Wilander and Lickle also played points out with their students, keeping them running non-stop while coaching and encour-

aging them.

"His emphasis was on keeping the racquet in front of the body, the ball in play and being ready for the next shot to come over the net. And most important — always keep the feet moving," says Linda Clinch of Potomac.

That's what Wilander is all about — move, move, move. "It's a running game. Run more and worry

less about technique."

John McDaniel, Potomac Tennis Club director of tennis, said, "I was thrilled that I was able to stand court-side and learn the techniques of a #1 ranked player. Wilander has a thorough knowledge of the game and how to teach club players. His footwork and speed were impressive. He could run down every single ball — and

then go for a winner from any location on the court."

Potomac Tennis Club member Sanjey Prasad said that WOW was very intense. "I learned that you really have a long time between shorts — longer than I thought. It's all about moving the feet and being ready."

Wilander and Lickle remained at Potomac Tennis after the clinic for a cocktail party and discussions with the clinic participants. "When I was playing tournament tennis, I would practice about four hours for many days, but then I would take a day off to rest and free my mind. I would run 45 minutes every day. I was lucky because I remained injury free throughout my career," Wilander said.

He shared that in his day, pros would practice with other pros. "Now many of the professionals hire hitting partners and travel with an entourage. We trained with one another and because we spent most of our time together on the road, we all became good friends."

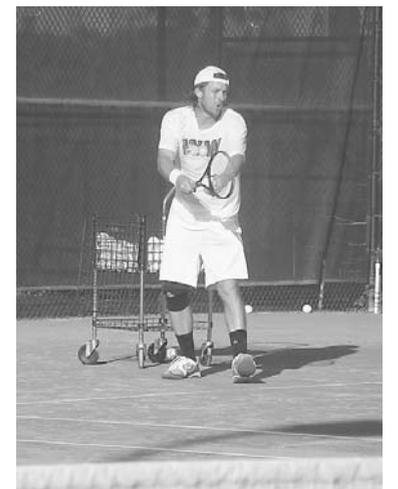
One person asked if the "serve and volley" game would ever return to singles play on the pro tour." Wilander replied, "I don't think so. Even though players today are taller, stronger and very fit, covering the entire court is difficult — and it is hard to come in on a player with top spin and powerful passing shots. I believe singles will remain a game of ground strokes, 120 mile plus serves and overheads."

Who did he play with the hardest serve? "Steve Denton, a Texan nick-named 'The Bull.'"

Wilander was the number one player in the world in 1988, and won the Grand Slam singles title seven times (three at the French Open, three at the Australian Open and one at the US Open) and one Grand Slam doubles title (Wimbledon). He was inducted into the International Tennis Hall of Fame in 2002 and captained



Mats Wilander, PTC Tennis Director John McDaniel and Cameron Lickle.



Cameron Lickle prepares to serve.

Sweden's Davis Cup Team from 2007 – 2008. Born in Vaxjo, Sweden, Wilander resides in Hailey, Idaho with his wife and four children. He and Lickle travel from clinic to clinic around the U.S. in a 29-foot Winnebago (hence the name for his clinic — Wilander on Wheels.) "We love seeing the country, meeting people and delivering our clinics to tennis players. It might seem odd to some people, but I enjoy the driving and it gives us the flexibility to "deliver a tennis weekend getaway right to the customer's home or tennis club."



Mats Wilander plays doubles with PTC member Fiona Carson.

LET'S TALK Real Estate



by
Michael Matese

Staging Don'ts
If you've decided not to use a Professional Stager, a good rule to keep in mind when staging your house is: **NO Themes Allowed.**

Your favorite thing might be your boat and all the things that come with it, and if that's so, save a room close to the boat deck at the new home for all the toys.

The potential buyer needs to be able to see their things in the house, reflecting their taste, not yours and if a room is decorated in a theme of something they have no interest in, it can transform into a negative in their mind.

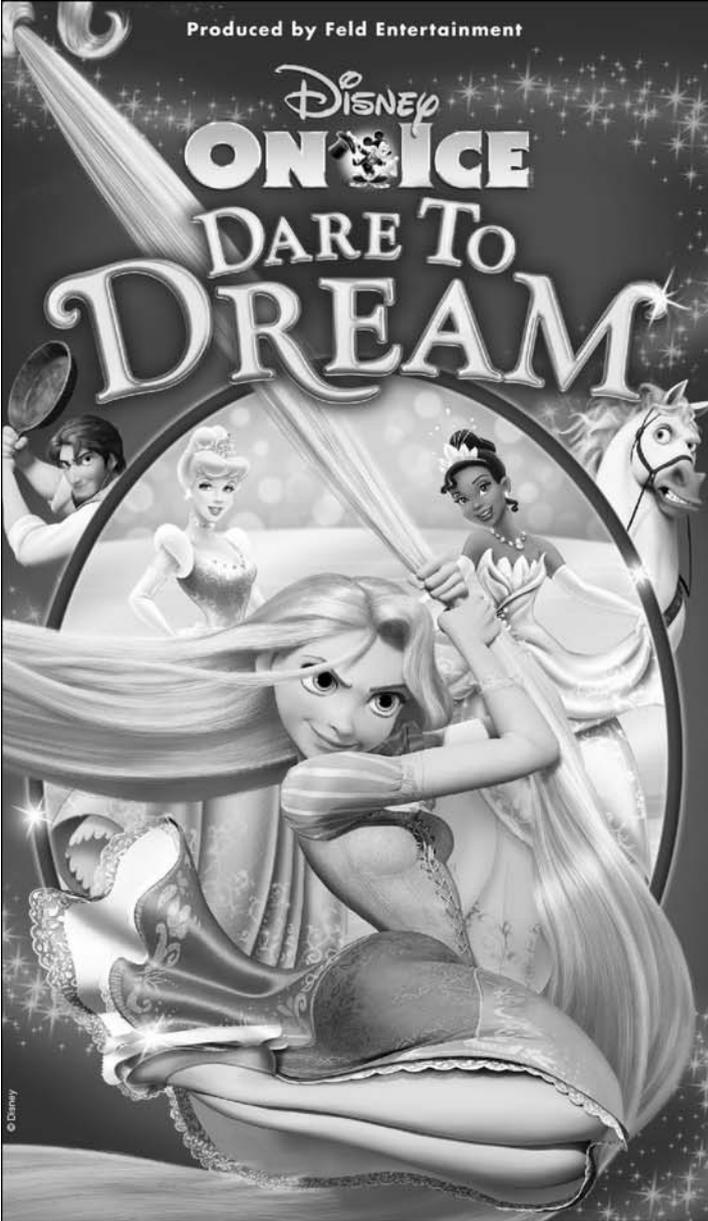
Keep all your rooms neutral and open to interpretation for a buyer. Neutral, but not bland is always a good choice. Use accessories such as flowers and pillows to enhance a room without turning it into something personal. Something that will draw the eye to features you want to highlight, like a standing mirror over a fireplace, or a beautiful piece of art on the mantel are always a crowd pleaser.

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'Put Your Trust in the Dog and Your Dog in the Trust'

FROM PAGE 3

dogs and facilitated their rescue and foster care. "The plight of KC and Maggie made me think about things," she said. "People need to understand that with each passing day something like this can happen to their pet. You have to plan as for a family member."

When hotel tycoon, Leona Helmsley left \$12 million (reduced to \$2 million later) for the care of her pet, Trouble, a Maltese terrier, in 2008, eyes rolled. Today, the gift is still extraordinary, but the sentiment is not.

Along with increasing public awareness and concern for the welfare of all animals, the necessity of providing for the future of the family pet in case of death or other issues is becoming more mainstream. It can be as simple as a will written out on a computer or as complex as contacting a lawyer for legal help.

According to Animal Legal Defense Fund website statistics, interest in the long term care of animals has risen dramatically. In 2000, a lawyer looking to special-



KC



Maggie

ize in animal law could find only nine courses available. By 2008, 89 schools out of 196 ABA-approved law schools in the nation offered animal law as part of their curriculum. This year, there are 135 law schools that have offered courses in animal law.

Some lawyers do wills, some do

divorces, but lawyer Mindy Felinton also does dogs, and cats and gerbils and whatever pet the client needs to protect. She works with pet owners to help them create a means to provide for their safety if the unexpected happens. She helps them draft a will and after the death of the owner,

Belington assists in making sure the terms of the trust are enforced.

A Pet Trust Law became effective on Oct. 1, 2009, (Maryland House bill 149), where a trust can be created during the lifetime of the owner to provide for the care of an animal.

"This hasn't affected my business because before that we were drafting trusts, but now it has taken it to a different level," said Felinton. "It further supports the mood and the legitimacy of people doing it." The law has become more of a guidepost for the courts to oversee and have authority to work with the terms of the trust.

Both Underhill and Farber would like to see veterinarian offices address the issue of educating owners about the necessity of providing a safe home for their animal companions in case of death or other abandonment situations. "Luckily, these dogs are going to be watched out for and loved, but their journey is not over," said Farber, who wants their story to resonate with others.

"They are the sweetest girls," said Underhill. "I think they would

fit perfectly with an empty nester or an older person." Underhill said KC and Maggie are housebroken and enjoy walks. They are well trained, well adjusted and no trouble. Their health is good, considering their age. "I have five dogs now and they make it easy," she said. "I just want to see them happy with what time they have left."

Carole Dell is a board member of PetConnect Rescue.

BULLETIN BOARD

MONDAY/OCT. 17

Potomack Preserve HOA Crime Watch Meeting. 7:30 to 10 p.m. There have been three attempted burglaries in the surrounding neighborhoods in the last two weeks. Council member Roger Berliner and Montgomery County Police spokesmen will address crime prevention and safety. At Bells Mill Elementary School.

SATURDAY/OCT. 22

The Human Right to Water. 3 to 4:30 p.m. Patricia Jones, an expert in international water law, will conduct the program. At the River Road Unitarian Universalist Congregation (RRUUC), 6301 River Road, Bethesda. Call 301-229-0400 or visit www.rruuc.org.

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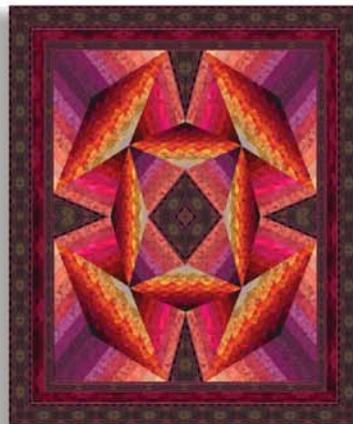
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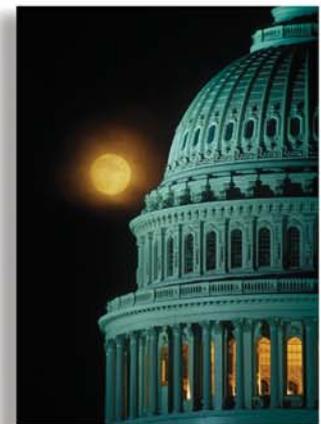
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ENTERTAINMENT

THURSDAY/OCT. 13

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. 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.

Potomac Toddlers. 10:30 a.m. Stories, songs and rhymes for toddlers 12-to-36 months and their caregivers. No registration required. This event meets every Thursday. At Potomac Library, 10101 Glenolden Drive, Potomac.

FRIDAY/OCT. 14

My Gym Bethesda Party. 6 to 8 p.m. Open gym, arts and crafts, pizza, cookies and more. Funds raised go directly to Children's National Medical Center. Call 301-652-2820 to reserve your spot.

OCT. 14 TO 16

Sugarloaf Craft Festival. More than 250 artisans will be displaying and selling their work. Hours are Friday, Oct. 14 and Saturday, Oct. 15, 10 a.m. to 6 p.m., and Sunday, Oct. 16 10 a.m. to 5 p.m. Admission is \$7/online; \$9/door. Admission (good for all three days) is \$7 when purchased online and \$9 at the door. Children under 12 are admitted free. Free parking is available on site. At the Montgomery County Fairgrounds, 16 Chestnut Street in Gaithersburg. Visit www.sugarloaforcrafts.com or call 800-210-9900.

SATURDAY/OCT. 15

Rockville Antique and Classic Car Show. 11 a.m. to 3:30 p.m. Free. Will feature 26 Washington, D.C.-area car clubs plus a flea market dedicated to cars. On the grounds of Glenview Mansion at Rockville Civic Center Park. To learn more about the show or to register a car for the show, go to www.rockvillemd.gov/events/carshow.htm or call the Special Events office at 240-314-8604.



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.

Educational Scavenger Hunt.

10 a.m. Join Ambassador Girl Scout Chloe Hand for some fun in the forest! Kids ages 5-9 and their families are invited to Locust Grove Nature Center, 7777 Democracy Boulevard, Bethesda, to help launch Chloe's Gold Award project: An educational scavenger hunt through the woods. Come learn about preserving nature and animal habitats.

Patrons of the Arts Gala.

Dessert reception is 7-8 p.m.; Broadway Gala Performance is 8-10 p.m. Wootton High School alumni and students celebrates Stan Brodsky and Cicily Daniels in an evening of song, dance and love. Tickets are \$10 to \$50. At Wootton High School, 2100 Wootton Parkway, Rockville. Contact Sharon Stein at 202-675-5314. Visit www.woottonpatrons-arts.org.

Dog Walk and Pet Fair. A one-mile walk in park followed by obedience tips, contests, activities, and lunch. Check-in between 9:30 and 10:15 a.m.; walk begins at 10:30 a.m. Cost is \$35/adult; \$15/ages 6 to 16. Pre-register by Oct. 8. On-site registration is \$5 more. At Avenel Local Park, 10051 Oaklyn Dr., Potomac. Visit www.mcspca.org.

Ann Porcella and Friends. 8 p.m. Admission is \$20. CD Release for Gathering Stones. At Glen Echo Town Hall, 6106 Harvard Ave., Glen Echo.

Nature Photography. Woodend Sanctuary Headquarters, 8940 Jones Mill Road, Chevy Chase, 3-5 p.m. Ages 8 and up. Take a nature photography class with Joanne Miller — an art photographer in urban nature. Participants will learn about the visual language of art and the use of cameras



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.

as a tool. Emphasis is placed on the value of personal creative vision through the connection to nature. Registration required. Members \$15; nonmembers \$20. Call 301-652-9188 or see www.audubonnaturalist.org.

SUNDAY/OCT. 16

Slow Blues and Swing Dance. 8:30 to 11 p.m. Admission is \$17/\$12. With the Big Boy Little Band. Slow Blues lesson from 7 to 8:30 p.m. At the Back Room at Glen Echo Park. Call Donna Barker at 301-634-2231 or Glen Echo Park at 301-634-2222; send e-mail to dbarker@glenchopark.org or visit www.DanceDC.net.

4th Annual Potomac River Jam. 10 a.m. to 4 p.m. A community celebration of the Potomac River and C&O Canal. The morning will begin with a sampling of this summer's most popular nature walks at Lock 8, including a bird walk, bug walk and

medicinal plant walk. In the afternoon, the melodies of local musicians will fill the air with songs from a variety of musical genres. Canoe trips will be offered to Minnie's Island, and kids will enjoy face painting, games, and crafts. This is a free event open to all ages. At River Center at Lock 8, C&O Canal National Historical Park, 7906 Riverside Drive, Cabin John.

MONDAY/OCT. 17

Andy Irvine in Concert. 7:30 p.m. At IMT at Saint Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Tickets are \$20/advance, \$25/door, Student with ID: \$15/advance; \$20/door. Call 301-754-3611 and visit www.imtfolk.org.

WEDNESDAY, OCT. 19

Adult Book Club. Potomac Library, 10101 Glenolden Drive, Potomac. 1 p.m. Adult book discussion. "The SEE ENTERTAINMENT. PAGE 9

Want Memento from Beverly Farms Elementary?

Nostalgia for sale. If you haven't been down Postoak Road recently, you may not be aware that the original building which housed Beverly Farms Elementary School since 1967, has been completely demolished. A modern school is slated for completion by January 2013, and while this is a welcome

event for the community, in the meantime there's an opportunity to purchase a collectible item that represents a little bit of the history that was once contained within the old hallowed halls.

A limited number of 25 bricks used in the old structure were salvaged and are to be auctioned in

a fundraising effort to benefit the creation of a new garden incorporated on the renovated grounds. Each brick sold will include a letter of authenticity and could make a gift of remembrance, as well as signify support of the future generations of students and families of the local Potomac community.

The auction will run online only, ending on Thursday, Oct. 27 at 9 p.m. with a minimum bid of \$10 per brick.

There is no limit to the number of bids you can submit, one per email.

The first, highest top 25 bidders will be notified on Oct. 28, by email and telephone and will be given five days to provide payment of check made out to Beverly Farms Elementary School PTA, Dedication Garden Fund noted. Winners can pick up their bricks from the school at an arranged time.

An email bid needs to contain name, bid, phone numbers and an email to receive winning notification.

Email bids and questions to BFESbricks@gmail.com.

Halloween Fun in Rockville

Celebrate Halloween in Rockville throughout the month of October. The following activities offer children and families the chance to take part in a variety of seasonal favorites.

❖ **Pumpkin Patch Adventure** — Friday, Oct. 21, 9 a.m.-3:30 p.m., Thomas Farm Community Center, 700 Falls Grove Drive, Rockville.

❖ **Croydon Creep** — Friday, Oct. 21, 6-8 p.m., Croydon Creek Nature Center, 852 Avery Road, Rockville.

Enjoy a spooky nature hike, live animal interpretation, hands-on activities and games and more. All ages welcome; \$1 per person at the door; children under two are free.

❖ **Monster Mash Halloween Dance** — Friday, Oct. 28, 7-9 p.m., Twinbrook Community Recreation Center, 12920 Twinbrook Parkway, Rockville.

All ages welcome. Come in costume, pumpkin decorating, Halloween crafts and DJ. Refreshments sold by Twinbrook Elementary School. Cost: \$3 per person.

❖ **Halloween Haunt** — Saturday, Oct. 29, 2-4 p.m., Thomas Farm Community Center, 700 Falls Grove Drive, Rockville.

Come in costume for an afternoon of Halloween fun with a strolling magician, games, crafts, pumpkin painting, a petting zoo and more. Cost: \$3 at the door; children ages 1 and younger are free.

❖ **Howl-O-Ween Bash** — Saturday, Oct. 29, 7-9 p.m., Lincoln Park Community Center, 357 Frederick Avenue, Rockville.

Kids in grades 5-8 should come looking their scariest for the costume contest. Enjoy great music and have fun. Food and drinks sold. Cost: \$3 at the door

❖ **Teens Fright Fest** — Sunday, Oct. 30, 4:30-9:30 p.m.

Six Flags America will be full of ghosts, goblins and ghouls. Pick up and drop off at Julius West Middle School, 651 Great Falls Road. Register for course #36604; \$25 for Rockville residents, \$30 for non-residents.

To register for Halloween programs visit www.rockvillemd.gov/recreation or call 240-314-8620.

Bethesda Art Walk Is Oct. 14

The Bethesda Art Walk will feature seven art galleries hosting art exhibitions on Friday, Oct. 14 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.

PARTICIPATING GALLERIES

Participating Galleries and Studios
Artery Plaza Gallery, 7200 Wisconsin Avenue
Bella Italia, 4934 Hampden Lane
California Tortilla, 4862 Cordell Avenue
Gallery St. Elmo, 4938 St. Elmo Avenue
L'Eclat de Verre, 7015 Wisconsin Avenue
Upstairs Art Studios, 4948 St. Elmo Avenue
Washington School of Photography, 4850 Rugby Avenue
Waverly Street Gallery, 4600 East West Highway
The Waygoose Redux, 4926 Hampden Lane

Call 301/215-6660 or visit www.bethesda.org.

ENTERTAINMENT

FROM PAGE 8

Zookeeper's Wife." Ask for the book at the Circulation Desk. No registration required. New members welcome. Club will not meet in December. (Meets Nov. 16) Call 240-777-0690 or see <http://www.montgomerycountymd.gov/apps/libraries/branchinfo/pt.asp>

State Cappella (Choir) of Russia. 7 p.m. With Valeri Polyansky, Artistic Director & Chief Conductor. Capella's program will include such master pieces as Bortnyansky Concerto, Tchaikovsky Liturgy, Rachmaninoff Vespers, Schnittke Concerto, Western classics, and Russian Folk Songs. At Saint Peter & Saint Paul Antiochian Orthodox Church, 10620 River Road, Potomac. Tickets are \$35; VIP \$60. For tickets, call 888-431-4792, or 631-838-5658.

WEDNESDAY/OCT. 19

Creole Choir of Cuba. 8 p.m. Tickets are \$18 to \$38. This voice-and-percussion choir is made up of Cuban descendants of Haitians who have preserved their language and traditions across centuries. At the Music Center at Strathmore.

THURSDAY, OCT. 20

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. 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



WEDNESDAY/OCT. 19

State Capella (Choir) of Russia. 7 p.m. Tickets are \$35. With Valeri Polyansky, artistic director and chief conductor. At Saint Peter & Saint Paul Antiochian Orthodox Church, 10620 River Road, Potomac. Call 888-431-4792 or 631-656-0929.

FRIDAY/OCT. 21

Musician Hugh Cornwell. 8 p.m. Former frontman for the Stranglers. Tickets are \$15/regular; \$13/seniors, students. At the Robert E. Parilla Performing Arts Center, Montgomery College, 51 Mannakee St., Rockville. Call 240-567-5301.

Slow Blues and Swing Dance. 9 p.m. to midnight. Admission is \$15. With the band, Tamar Korn. 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, e-mail info@CapitalBlues.org, or visit www.CapitalBlues.org.

OCT. 21 TO 23

Heavenly Harvest. Friday, 4 to 7 p.m.; Saturday, 9 a.m. to 4 p.m.; Sunday, 10:30 a.m. to 2 p.m. Harvest market, gifts, baked goods, pumpkins,

handicrafts, food, kids' activities (Saturday only), flu shots, casual portraits. At Faith United Methodist, 6810 Montrose Road, Rockville.

SATURDAY/OCT. 22

Potomac Day. Oct. 22. Parade, 10:30 a.m., 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 Children's Parade. 9:15 a.m. Meet at the Potomac Library dressed as your favorite fictional character and receive a free children's book. Sponsored by the Potomac Chapter of the Friends of the Library. At Potomac Library, 10101 Glenolden Drive, Potomac.

Potomac Day Special Storytime. 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. At Potomac Library, 10101 Glenolden Drive.

Flag Collection. Boy Scout Troop 773 is collecting used and old flags during Potomac Day. The Boy Scouts of America are one of the few groups that are certified by the United States Congress to dispose of U.S. flags that are no longer suitable for use. If you have a flag that is torn, tattered, dirty or generally no longer appropriate to fly, you can bring it to Potomac Day and drop it off with the Boy Scouts. Troop 773 meets on Tuesday evening at the Potomac United Methodist Church at River and Falls Roads at 7:30 to 9 p.m. Contact Jim Schleckser, Scoutmaster, Troop 773 at 301-299-2917.

FINE ARTS

OCT. 15 TO NOV. 13

Dynamic Environments at the Popcorn Gallery. Free. An artist's reception will be held Sunday, Oct. 16 from 4 to 6 p.m. An exhibition of fine art photography celebrating the ever-changing world landscape. Katherine Andrie, Eliot Cohen, Tico Herrera, Karen Keating and Gayle Rothschild present images in both explosive color and rich black and white — exploring the art of the landscape photograph. At the Popcorn Gallery at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Visit www.glenechopark.org or 301-634-2274.



NOW THROUGH NOV 1

Glenview Mansion

Artists. Free. Features the Colored Pencil Society of America; Edwin Gould's clay artwork; and silver gelatin prints created by Gwen Lewis. Gallery hours are Monday, Wednesday and Friday, 9 a.m.-4:30 p.m.; Tuesday and Thursday, 9 a.m.-9 p.m.; and closed official City holidays. At Glenview Mansion Art Gallery at Rockville Civic Center Park, 603 Edmonston Dr., Rockville. Contact Julie Farrell at 240-314-8682 or jfarrell@rockvillemd.gov.

NOW THROUGH OCT. 30

Seven Degrees of Separation. 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. 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.

OCT. 14 TO NOV. 5

Artist Mark Kramer. A Retrospective of Figurative Bronzes features a series of new and prior bronze bas relief sculptures. A free event to showcase the exhibit is Friday, Oct. 14 from 6 to 9 p.m. At Gallery B, 7700 Wisconsin Ave., Bethesda. Visit www.bethesda.org or call 301-215-6660.



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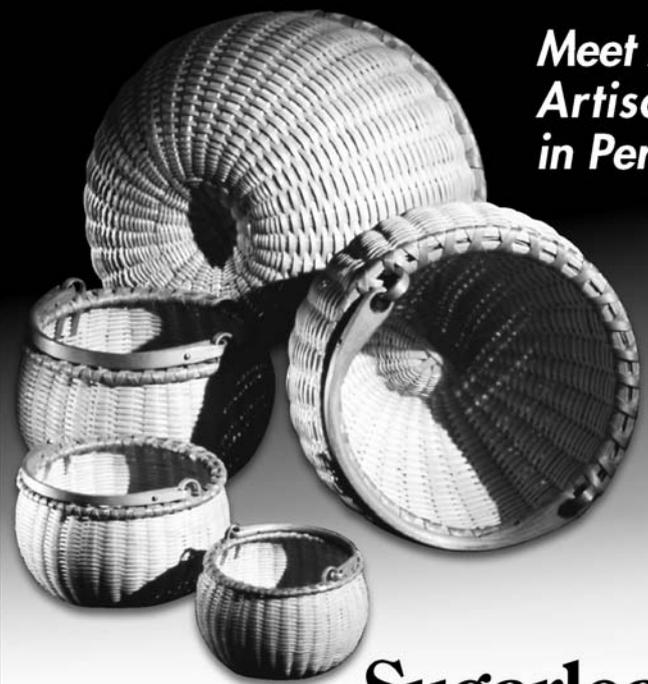
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The Next Generation of Green Living

Cutting edge green home design emerges in the region.

BY MARILYN CAMPBELL
THE ALMANAC

Imagine a home that is so well insulated that a furnace is obsolete. Picture the elimination of rooms that run hot during the summer and basements and tile floors that are frosty during the winter. Visualize trimming your energy bill by 90 percent.

Meet the passive house, dubbed the next generation of green living, and named one of the top green building trends of 2011 by the Earth Advantage Institute, a nonprofit organization that promotes sustainable building practices.

The region's first passive house, a five-bedroom, four-and-a-half bathroom home in Bethesda, was designed by Alexandria-based architect David Peabody of Peabody Architects and built by Potomac-area builder Brendan O'Neill Sr. of O'Neill Development. The home, which sold recently, had a price tag of \$1.4 million.

"This home gets all the heat it needs on the same amount of energy it would take to run two hairdryers," said Peabody. "We wanted to demonstrate that an approach that reduces basic energy demand is far more cost-effective than an approach that relies on adding expensive technology."



PHOTO BY MARILYN CAMPBELL

Alexandria architect David Peabody designed the Washington-region's first passive house. The Bethesda home runs on 90 percent less energy than a traditional home.

The project began when Peabody, an award-winning pioneer of green architecture, approached O'Neill. Skeptical at first, O'Neill and his son Brendan O'Neill Jr. flew to Illinois to tour the first passive house ever built in the U.S. "As luck would have it, my son and I arrived during a snow storm," said O'Neill. "We were blown away by the warmth and temperate conditions inside that house. It was incredible. We said, if this is what a passive house can do under extreme conditions, we're going to try one."

Peabody, who is now designing smaller and less expensive passive house models, acknowledges that such homes are more costly to build. "But we're finding that the marginally higher costs of construction are more than offset by savings in monthly energy bills," said Peabody.

O'NEILL SAID his one condition was that the design of the passive house be consistent and compatible with the rest of the homes in the neighborhood. "David hit a home run. We would not have proceeded if the style had not fit in with the others architecturally. It is designed as an integrated system, with site, energy, ventilation, air quality, humidity, health and comfort all taken into account. And yes, you can open the windows."

Even though the home is airtight, it is well ventilated. "During heating and cooling seasons, when you don't want to open the windows, there is an imperceptible but constant flow of fresh air to all the living spaces and exhaust air from all the bathroom and kitchen spaces. Air essentially makes a one-way trip through the house, as opposed to being churned around and around as with standard heating and cooling systems," said Peabody.

While there are only 23 passive houses in the U.S., in Europe more than 20,000 homes, apartments, offices and schools have been built to passive house standards.

Although solar orientation is a factor, it is not the same as a passive solar house. Instead, it uses a robust building envelope to achieve as much as 90 percent savings in energy use.



PHOTO BY ANICE HOAGLANDER/O'NEILL DEVELOPMENT

Architect David Peabody and builder Brendan O'Neill Sr. collaborated on a home in Potomac's Highgate subdivision, a 20-home community created by O'Neill Development. Peabody incorporated green design into this home's plans.

While the passive house concept is still emerging, passive solar design is more prevalent in the region. Solar orientation is a factor in both, but the passive house uses a building envelope to save energy.

MOUNT VERNON-based architect Christine Kelly of Crafted Architecture and Falls Church-based contractor Tom Chapa of Potts and Chapa Construction, Inc. incorporated passive solar design into the recent renovation of the Mount Vernon home of Enid and Laing Hinson. The Hinsons had lived in their home in their Mount Vernon neighborhood for 20 years when they decided that it was time to remodel. The couple decided to go green.

"We've always been interested in recycling, and we also knew that we would be living in this house for the next 20 years, so the additional cost that we might have incurred to ensure that it was energy efficient was probably going to be worth it to us in the long run," said Enid Hinson.

"[Passive solar design entails] designing walls, windows and floors to collect or reflect solar energy and then distribute it as heat during the winter months and shade against the heat in the summer months," said Kelly.

The Hinsons noticed a difference. "As the weather got chilly and it was going down into the high-40s at night recently, we didn't have to turn our heater on at all. The house never got below



Brendan O'Neill Sr. and Brendan O'Neill Jr. are now building environmentally friendly homes.

71 degrees," said Enid Hinson.

The Hinsons' remodel received a National Green Building Certification from the National Association of Home Builders (NAHB) for meeting NAHB green building standards.

"A green certification is not necessarily a certification that comes with a ton of expenses," said Chapa. "The important thing about certifying a project green is building smart, not necessarily building expensive. The green inspection is basically certifying that all of the applications [e.g., windows, insulation and duct work] are done tight, efficiently and without any air gaps so that everything can perform at its optimal level."

Kelly says that when it comes to

green design, she begins with the basics. "I like taking what was already in the house and repurposing it that so that a lot of materials don't go into the landfills. And then I like to move to insulating. Not only do I like to insulate the new addition, but I like to go back and examine the existing house and figure out how to make that just as tight as well."

The Hinsons were pleased that they did not have to compromise aesthetic appeal for energy efficiency. "Our house is not bigger; it is just flows better," said Enid Hinson. "The windows are really energy efficient. We have the [George Washington Parkway] behind our house, and if the doors and windows are closed we cannot hear the traffic noise at all."

Potomac REAL ESTATE

IN AUGUST 2011, 67 POTOMAC HOMES SOLD BETWEEN \$2,375,000-\$240,000.

Top Homes Sold in August, \$1.5 million and over



1 11817 Centurion Way, Potomac — \$2,375,000



3 11620 Lake Potomac Drive, Potomac — \$1,800,000



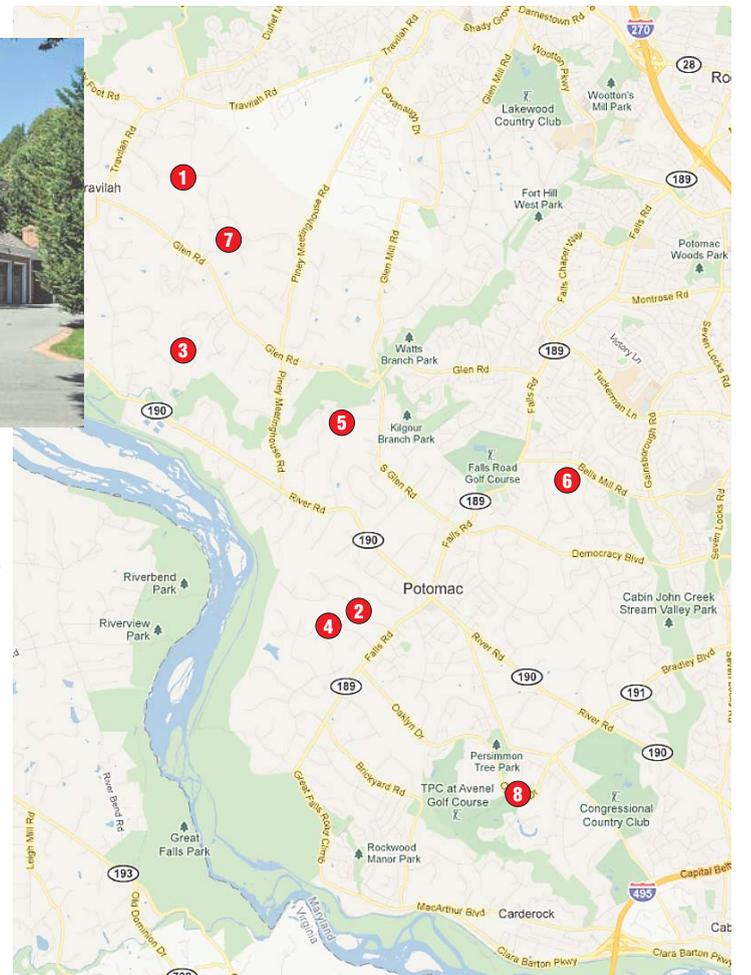
5 10700 Balantre Lane, Potomac — \$1,680,000



7 12604 Greenbriar Road, Potomac — \$1,640,000



8 9937 Oaklyn Drive, Potomac — \$1,639,900



Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11817 CENTURION WAY	6	7	1	POTOMAC	POTOMAC	\$2,375,000	Detached	2.00	20854	PALATINE	08/24/11
2 10706 BURBANK DR	6	4	3	POTOMAC	POTOMAC	\$1,955,000	Detached	2.12	20854	POTOMAC MANOR	08/09/11
3 11620 LAKE POTOMAC DR	7	8	2	POTOMAC	POTOMAC	\$1,800,000	Detached	2.00	20854	LAKE POTOMAC	08/09/11
4 10801 STANMORE DR	6	5	1	POTOMAC	POTOMAC	\$1,695,000	Detached	2.30	20854	POTOMAC FALLS	08/31/11
5 10700 BALANTRE LN	5	5	1	POTOMAC	POTOMAC	\$1,680,000	Detached	2.22	20854	POTOMAC VIEW ESTS	08/26/11
6 10613 WILLOWBROOK DR	5	4	1	POTOMAC	POTOMAC	\$1,675,000	Detached	2.04	20854	KENTSDALE ESTATES	08/31/11
7 12604 GREENBRIAR RD	5	4	2	POTOMAC	POTOMAC	\$1,640,000	Detached	2.00	20854	PALATINE	08/08/11
8 9937 OAKLYN DR	5	4	3	POTOMAC	POTOMAC	\$1,639,900	Detached	1.06	20854	AVENEL	08/15/11

SOURCE: MRIS, INC. FOR MORE INFORMATION ON MRIS, VISIT WWW.MRIS.COM

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12101 Triple Crown Rd.....\$598,888...Sun 1-4.....Rebecca Fox.....Fox Realtors...301-417-1051

Potomac (20854)

11409 Falls.....\$1,699,000...Sun 1-4...Norman Domingo.....XRealtyNET...888-838-9044

11904 Tallwood Ct.....\$1,065,000...Sun 2-4.....Meg Percesepe...Washington Fine Prop...240-441-8434

9105 Potomac Station Ln.....\$1,475,000...Sun 2-4.....William Resnick.....ReMax 2000...240-299-3426

Rockville (20852)

10101 Grosvenor Pl #213.....\$264,400...Sat 1-4.....Kimberly Sherrill.....RE/MAX...301-237-8323

10101 Grosvenor Pl #219.....\$245,000...Sat 1-4.....Kimberly Sherrill.....RE/MAX...301-237-8323

10827 Hampton Mill Terr Unit 170...\$344,000...Sun 1-4.....Leslie Friedson.....Long & Foster...301-455-4506

5802 Nicholson Ln Unit 402.....\$599,000...Sun 1-4.....Leslie Friedson.....Long & Foster...301-455-4506

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HomeLifeStyle

Water, Water ...

Learning the ins and outs of gutters and downspouts can keep things dry.

BY MIKE DENKER
 THE ALMANAC

If there ever were a double edged sword, it would be water. Water is essential and integral to life, but it also has the power to make our lives miserable. Here in the DC Metro area it has been raining for three weeks, and folks are getting weary of this much H₂O. For centuries mankind has worked to keep water outside their dwellings, “where it belongs” as a friend with flooding problems wryly said recently.

Today’s new homes should not leak or let a drop enter their envelope. As houses age, however, they can become the battleground for man against water. To understand the problem, let’s take it from the ground up.

Due to a wet summer plus Hurricane Irene and the weeks of rain afterwards, many of us have discovered that our basements are more porous that we thought. In normal circumstances, rain falls on the roof and is concentrated in gutters and funneled to the downspouts. From there it either spills on the ground or, optionally, is directed into leaders that take it away underground. In either case it’s important that it should be headed downhill away from the foundation of your house. If any part of the gutter system malfunctions, it can cause serious problems.

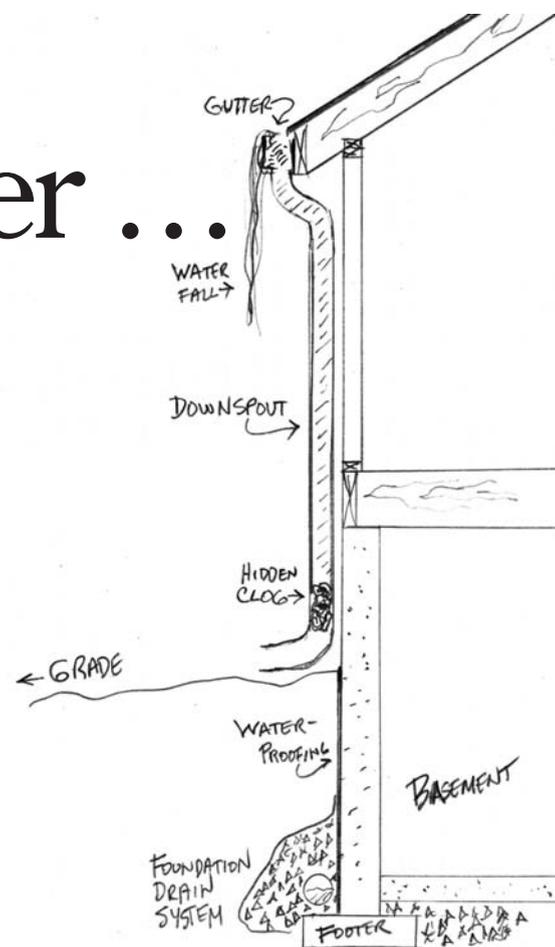
Recently I picked up a recording on my phone mail, and the voice sounded discouraged: “I’ve got a damp spot in the corner of my basement, and this house is only five years old. It is not an emergency, but it’s in the kids’ playroom. Every time we have a big rain now, that corner gets wet, and it seems to be spreading. And I am worried about mold. Should I call a water proofing company?”

Returning the call I asked, “Sam, How are your gutters doing?”

“I have them cleaned three times a year, for G—’s sake,” he said.

Then I asked Sam if he had ever taken a walk around his house in the rain. Owning a house should not be regarded as a passive endeavor. “You have to keep an eye on things,” I lectured my friend. “You should have the opportunity to take a look when you get home tomorrow. It is supposed to rain again all day. Grab a raincoat, an umbrella, and a flash light if necessary, and check out what’s happening with your gutters.”

It did rain the next day, and my next phone message reported, “What a humdinger we had last night, and I’ve got some digital photos to show you. Check out your email. You were right.” What I saw was what I had expected. A homeowner, however, don’t always look out for these things. One photo showed a cascading waterfall along half the run of Sam’s second story gutter. The other photo showed what looked like water erupting from a pipe in the ground with a downspout dumping into it. A visit to the house revealed that one of the downspouts had a clog in it, causing water to back up and overflow the gutter. The gutter was clear of debris, but the clog was ten feet down and invisible in the down-



spout. Workmen who clean gutters sometimes miss hidden clogs. In the other area, which was directly over Sam’s basement wet spot, the underground pipe was clogged deep down out of sight.

Both of these clogs, probably leaves, would let drainage from a light rain through but had become compacted and swollen in heavy rain and began to back up water. In this case, the water overflowed right along the foundation in a location where there was also a high pile of mulch which dammed up the water and enabled it to run down the foundation wall to the basement floor level.

Modern homes have waterproofing on the foundation walls and foundation drains that should carry away water that flows down to that level. However, this system is not water-tight, and when we have lots of rain the water table can rise. If the water from the gutter system is not carried away from the house, then it adds additional water pressure.

Happily, there was an easy fix. We snaked the downspout and the under ground pipe, and, sure enough, out came handfuls of sodden leaves and hickory nuts, what had once been a comfy squirrel’s lair. In the basement, a small amount of the water was getting though to dampen the drywall. We directed a fan on the wet drywall in an area only about four square feet. No mold formed. It was dry within a couple of days. My next phone message was gratifying: “We did not take in any water this time. I am going to keep an eye on my gutters in the future. Many thanks.”

We may have averted a bigger problem. Water creates channels, and the more frequently it runs down the foundation wall, the faster it flows. Pretty soon it has created a relatively irreversible vertical channel. We caught this one in time. So my advice is this: Keep an eye on the outside of your home. Watch how the water flows out of your gutters and downspouts. Be sure it is flowing away from the house. Have your gutters cleaned by a reliable contractor. Three times a year is typical.

This is not the end of the story: There are serious environmental concerns about storm water and where it runs from there, but that’s the subject of another discussion.

Mike Denker owns Hopkins and Porter along with Guy Semmes. Send your questions and comments to Mike@hopkinsandporter.com.

For Tweens And Teens

Students learn fitness can be fun.

BY SUSAN BELFORD
THE ALMANAC

Sliding and gliding, kicking and jumping, stretching and free weights — these are all part of the new Beyond Barre and Reformer Pilates classes for Potomac tweens and teens. Potomac Pilates is introducing new classes to teach tweens (ages 9 – 13) and teens (ages 13-18) the value or non-competitive exercise — as well as how much fun group exercise to fast-paced music can be.

“So often, kids give up playing an organized sport around the age of 13 and then they eliminate exercise and fitness from their daily routine,” Potomac Pilates owner Reina Pratt. “We are rolling out these programs to promote better posture, strength and a positive body



Julianne Signora and Madison Gramm enjoy Potomac Pilates Tween classes.

image. We discuss healthy eating habits and mind/body awareness — and we have fun moving to great music. This workout tones the upper body and incorporates weights, cardio and gliding with the use of a ballet bar, mats, and a patent-pending Glide-Board.”

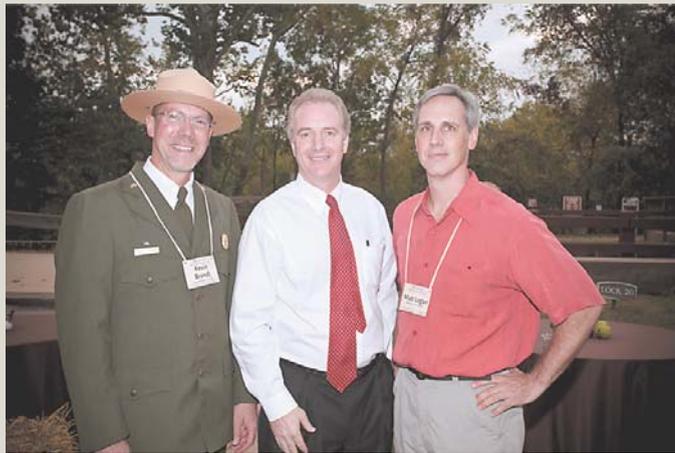
Eleven-year-old Sophie Jacobs loves the Tween class. “My mom is the teacher, and even though the class is hard, I feel good when I’m doing it. I really like the gliding and the exercises on the ballet barre. It’s fun exercising with my friends.”

Bullis students Julianne Signora and Madison Gramm are taking their first class. “I’m excited because I get to work out just like my mom does.” said Madison.

Potomac Pilates will also feature a “Mother-Daughter” exercise class on Sunday afternoons from 3–4 p.m. According to Pratt, “Mothers and daughters of any age can enroll in this class. It’s exciting to see the bonds that are formed when mothers and daughters exercise together.”

The Tween session involves the BeyondBarre Glide-Board, which is almost like speed skating. This glide stretches and develops the thigh muscles while adding cardio to the workout. The students do free weights for the upper body, abdominal work for stomach muscles and ballet leg work to build long lean legs. The teen class spends half of the class on the pilates reformer and the other half participating in BeyondBarre exercises.

Potomac Pilates is located in the Potomac Tennis and Fitness Club at 10800 Potomac Tennis Lane. To register for classes, check out its website at www.potomacpilates.net or call 301-983-3745.



Kevin Brandt, Superintendent of the C&O Canal NHP; U.S. Rep. Chris Van Hollen, and Matthew Logan, president of the C&O Canal Trust.



Robert and Sharon Buchanan of Potomac.

More Than 200 Enjoy ‘Park After Dark’

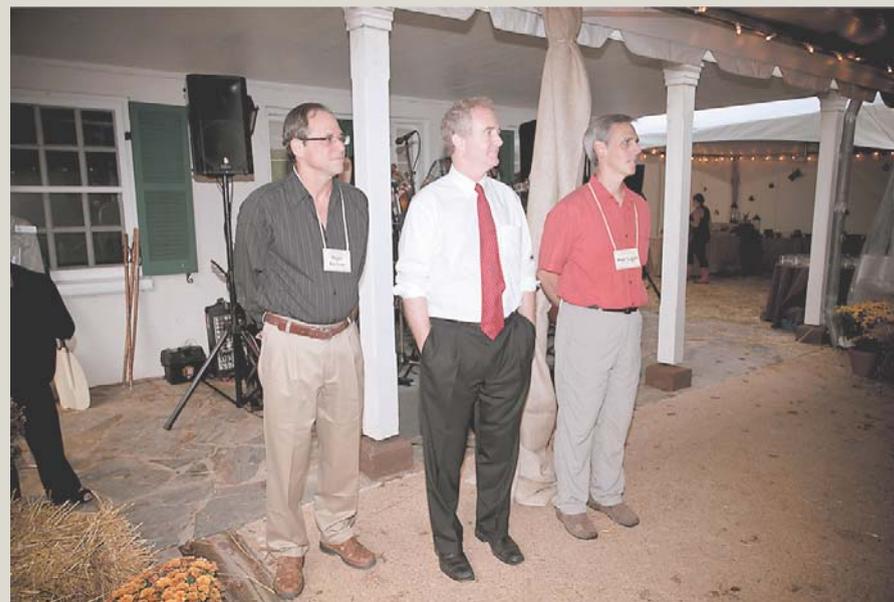
Event raises \$58,000.

BY SUSAN BELFORD
THE ALMANAC

The rain held off, the park was luscious, the lanterns and camp fire added a glimmer to the surroundings as the crowd gathered for a special evening at “Park After Dark – A Special Evening Under the Stars.” This inaugural fundraiser on Sept. 24 was sponsored by the park’s official nonprofit partner, the C&O Canal Trust.

A 40-person committee arranged the event which featured chili with all the fixins’, appetizers and desserts, photos with the canal boat mule, and music provided by the 19th Street Band. Guests stayed long after the designated ending time, mingling, dancing, and enjoying the rare opportunity to appreciate the “Park after Dark.”

The “blue jeans and boots” event raised \$58,000 for the C&O Canal National Park. According to Matthew Logan, president of the C&O Canal Trust, “It totally exceeded all expectations. We are planning to hold the event again, but we think we will need room for 500 people next year. Everyone who came really enjoyed the casual venue.”



Montgomery County Councilmember Roger Berliner, U.S. Rep. Chris Van Hollen and Matthew Logan, president of the C&O Canal Trust.

The event opened with remarks from Montgomery County Councilman Roger Berliner, U.S. Rep. Chris Van Hollen, and Logan. During the evening, C&O Canal National Park Superintendent Kevin Brandt announced funding had been secured to begin repairs to the breach in the canal between Anglers and Widewater. Construction will begin this fall and will take about 12 months.

The William O. Douglas Award was given

to the Friends of the Great Falls Tavern and Potomac resident Don Harrison in recognition of their work in supporting the C&O National Park since 1973.

Proceeds from this event will be used for four Canal Trust programs, including Canal Quarters, Canal Discoveries, Canal Pride Days and Canal Towns. For more information about these programs, and to join the Canal Trust, visit the website at www.canaltrust.org.

PHOTOS BY JOHN HOOVER



Life-Giving

Donor Barbara Kolb at Our Lady of Mercy Church’s blood drive on Saturday, Oct. 1.

WWW.CONNECTIONNEWSPAPERS.COM



Donor Yun Chun with nurse Lynsey Alpine.

PHOTOS BY DEBORAH STEVENS/THE ALMANAC

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SCHOOLS



Building Dedication

Cardinal Donald Wuerl presents a plaque to the pastor of St. Raphael Catholic Church, the Rev. James Meyers at the dedication of the new educational building on Oct. 6.



Rev. Adam Park and The Archbishop of Washington, Cardinal Donald Wuerl.



PHOTOS BY KATHRYN SCHRODER

Students of St. Raphael School perform the song "We Go Together" for Cardinal Wuerl.

Open Houses

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ROUNDUPS

FROM PAGE 4
dalism to the school occurred between 3:30 p.m. on July 13 and 9:45 a.m. on July 14. The vandals included spray painted images of a sexual nature and hate-based language.

On July 16, in the early morning hours, school security officers

discovered several acts of vandalism at the North Bethesda Middle School, located at 8935 Bradmoor Drive in Bethesda. At 2:40 a.m., patrol officers from the 2nd District responded and discovered an ethnically offensive word, a sexually descriptive drawing, and several initials painted on the outside

of the building. Officers also found several broken windows in the building. Additionally, officers discovered seven vehicles on Beech Avenue had been vandalized. One vehicle had the same ethnically offensive word spray painted on it.

Detectives believe these three incidents may be connected due to the similarities in the offensive graffiti and the time frame of the incidents.

Anyone who may have information about who is responsible for this vandalism is asked to contact 301-279-8000. Those who wish to remain anonymous and qualify for a reward may call Crime Solvers of Montgomery County toll free at 1-866-411-TIPS (8477), or at 240-773-8477.

Crime Solvers will pay a cash reward of up to \$1,000 for information provided to them that leads to an arrest and/or indictment of the person(s) responsible for these crimes. Anonymous tips can also be provided by typing "MCPD" plus the tip on a cell phone or PDA and texting it to 274637 (CRIMES).

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SCHOOLS

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Local residents have enrolled at Clemson University for the fall semester.

❖ **William Powell Browning of Potomac** is majoring in Philosophy.

❖ **Kyle David Grissen of Potomac** is majoring in Pre-Business.

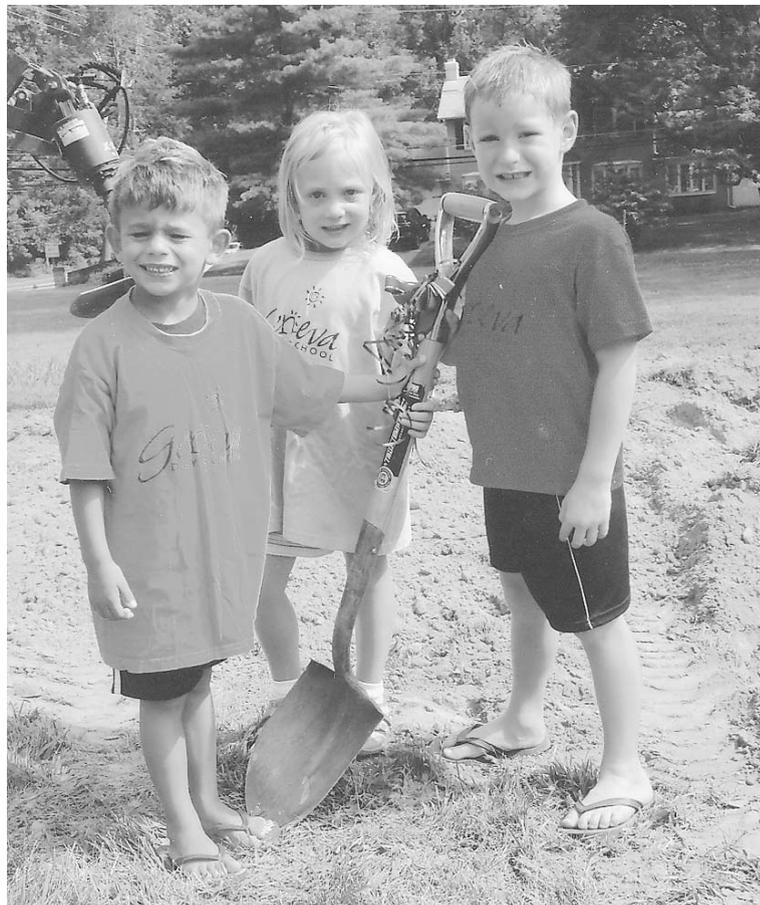
❖ **Cristina Raquel Garcia of North Potomac** is majoring in Wild-life And Fisheries.

❖ **Russell Jan Willems of North Potomac** is majoring in General Engineering.

Henry Voss of North Potomac has joined Phi Kappa Tau at the University of Evansville. Voss, who is studying pre physical therapy, officially became a new member of Phi Kappa Tau on Sept. 17 after a weeklong recruitment process that allowed potential new members to learn about Greek life and discover what each chapter has to offer. Voss is one of 82 UE students who joined fraternities at the conclusion of Fall 2011 recruitment.

Ana Harmsen, a seventh-grader at The Woods Academy in Bethesda, was chosen by the selection committee of the United States Achievement Academy (USAA) Scholarship Foundation to receive one of its 2011 educational cash grants. Ana was nominated for this award by art teacher, Charmaine Taverner, for her creativity, outstanding artistic ability, and enthusiasm for art education.

Nicholas Bakos of Potomac has enrolled at the University of Charleston. Bakos, majoring in Interior Design, joins an entering freshman class of 245 defined by its strong academic ability and diversity.



New Learning Cottage

Geneva Day School in Potomac dedicated its new Kindergarten Learning Cottage on Friday, Sept. 16. Official construction began in late July, and the Cottage has been approved for occupancy. It has already demonstrated that it is earthquake proof, hurricane proof, heavy winds and storm proof, and student proof. Three future kindergartners (pictured) Gage Orgel, Lilly Phillips, and Dodge Knessi, helped with the ground breaking.

OPEN HOUSE Sunday, October 30 12:00-2:30 PM		Montessori Q&A Thursday, November 3 9:00- 10:00 AM
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Whitman Girls Soccer Team a Shutout Machine

Vikings have not surrendered a goal through seven games this season.

BY JON ROETMAN
THE ALMANAC

The 2010 Whitman girls soccer team finished the regular season with a 7-5 record despite allowing just six goals in 12 games.

“Last year, every time we gave up a goal, we lost,” Whitman head coach Greg Herbert said. “I think they realized that it’s really important to play defense first.”

While improved offensive output has created a greater margin for error in 2011, Whitman hasn’t taken any chances at the defensive end. The Vikings have bought into Herbert’s defense-first mentality and have not allowed a goal this season. Whitman improved to 7-0 with a 2-0 victory against Richard Montgomery on Oct. 10. The Vikings have outscored their opponents 35-0, including a 2-0 win over Churchill on Oct. 5.

“It’s team defense from beginning to end, from the top to bottom,” Herbert said. “I think the girls have done a great job of taking on that defensive mantra and running with it.”

Center backs Corinne Lake and Lottie Nalls and outside backs Emily Martin and Rebecca Mashek comprise the heart of the Whitman defense, along with goalkeeper Claire Bartholomew and reserve outside back Claire Severe. But one of the most important aspects of the Vikings’ defensive mindset is every player on the field must contribute.



Whitman junior forward Andrea MacDonald scored a goal during the Vikings’ 2-0 victory against Richard Montgomery on Oct. 10.

PHOTO BY PATRICIA LAKE

“I think we were really strong all over the field [against Richard Montgomery], not just the back line,” Nalls said. “Our defense starts from our forwards. They pressure the ball and we create turnovers at the midfield. Overall, all over the field, we had really good pressure tonight.”

Bartholomew took over at goalkeeper this season for graduated standout Hannah Sasscer, who now plays at Providence College. “Claire hasn’t had the experience of playing games on the varsity level, but she’s been solid back there,” Herbert said. “She went through some growing pains early in

the season but she’s really collected herself and gained a lot of confidence.”

Bartholomew, a senior, made some diving saves against the Rockets.

“I can’t do what I do without my defense and there are a lot of games where I barely touch the ball,” she said. “I have to give the defense all the credit in the world. We really know how to play together and we really work as a unit. Everybody is always communicating and always stepping and covering. Everybody’s really positive and encouraging each other. We really feed off of each other.”

Is there any pressure to keep the scoreless streak alive?

“There’s definitely some element of pressure,” Bartholomew said, “but then I just have to step back and remind myself that part of it doesn’t matter. It’s awesome, but as long as we win the game and as long as we play our hardest, it doesn’t matter.”

Offensively, Whitman freshman Maddie Parker and junior Andrea MacDonald scored goals against Richard Montgomery. Sophomore Anna Gurney leads the Vikings with seven goals on the season and freshmen Michelle Innerarity and Parker each have four.

Whitman will travel to face Walter Johnson at 7 p.m. on Thursday, Oct.

13. Herbert said he’s not worried about how the Vikings will react if or when they surrender a goal.

“I’m not worried about it because I know these girls are quite resilient,” he said. “We’ve been challenged physically, mentally all over the field from the beginning to the end and I know these girls are a resilient bunch and no matter what kind of obstacles lay in front of them, that they’re going to rise to the occasion.”

“Last year, every time we gave up a goal, we lost. I think they realized that it’s really important to play defense first.”

— Whitman head girls soccer coach Greg Herbert

SPORTS BRIEFS



Churchill quarterback Lansana Keita, seen earlier this season, led the Bulldogs to their third 40-point effort of the season on Oct. 6.

PHOTO BY HARVEY LEVINE/THE ALMANAC

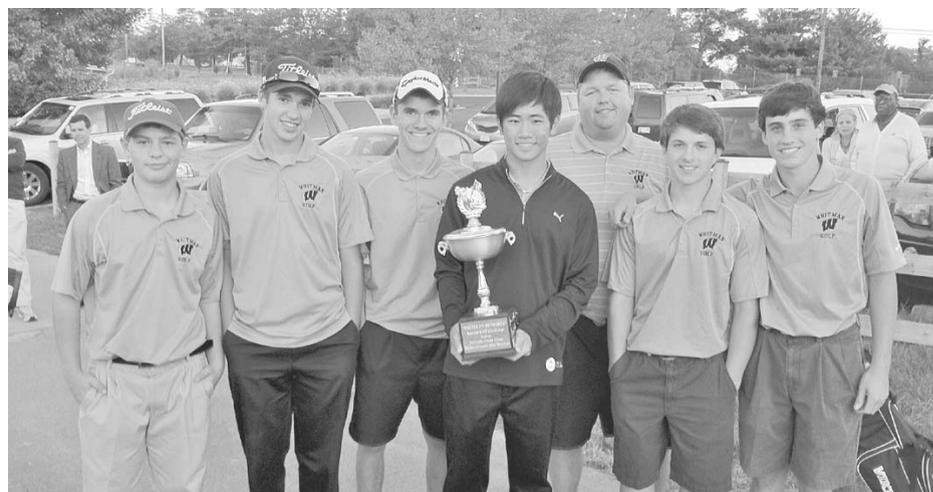
Churchill’s Keita Throws 4 TD Passes in Win

Churchill quarterback Lansana Keita threw four touchdown passes and ran for a score as the Bulldogs improved to 5-1 with a 41-35 overtime victory at Northwest on Oct. 6.

Churchill failed to hold a 28-13 halftime lead, but found a way to win, posting its third 40-point output of the season. Keita completed 16 of 32 passes for 283 yards, spreading the ball around to six different receivers. He also rushed 13 times for 30 yards and a touchdown.

Quan Gill had four receptions for 139 yards a touchdown. Dominique Williams hauled in four receptions for 67 yards and two scores. Sam Edens caught three passes for 43 yards, Dillon Nussbaum had three

SEE SPORTS BRIEFS, PAGE 17



SUBMITTED PHOTO

Whitman Golf Wins Bethesda Cup

The Whitman golf team won the Bethesda Cup tournament on Oct. 6 at Falls Road Golf Course. The team posted a 10-under par score, defeating the closest competitor by five strokes. From left are Jonathan Kluger, Nick West, Sam Pastoriza, captain Brandon Eng, coach Karl O’Donoghue, Drew Aherne and Andrew Barth.

SPORTS

Whitman Boys Play to Scoreless Tie

Vikings beat Churchill during six-game winning streak.

BY JON ROETMAN
THE ALMANAC

Whitman boys soccer coach Dave Greene tried a little bit of everything when it came to motivating the Vikings during their Oct. 10 home game against Richard Montgomery.

He sat calmly on the bench and observed while the teams played a scoreless first half, at times speaking words of encouragement to his players as they came off the field. Greene also shouted in frustration, occasionally standing up to voice his displeasure with a referee's decision or one of his player's actions.

In the end, nothing worked as Whitman and Richard Montgomery played to a scoreless tie. The Vikings entered Monday's contest with a 7-1 record and riding a six-game winning streak, including a 1-0 victory over Churchill on Oct. 5. Greene said the Vikings played like a team that was "worn out."

"In the last 17 minutes of the second half, that was the best soccer we played all night," Greene said. "I thought we had all of the dangerous chances in that time period. There were three or four we should have finished, but we didn't. ...

"I think they have it fixated in their head that it needs to be Churchill [in order to be motivated]. As successful as Richard Montgomery has been in the last few years, there's just a little bit of, 'Well, it's not Churchill' and 'It's not Walter Johnson.' I know they have a quality program and they're good and even our kids admitted ... they were really good."

While Whitman didn't play its best game against Richard Montgomery, the Vikings did not allow a goal for the third consecutive contest and have a 7-1-1 record with five games remaining in the regular season. Greene said the Vikings' schedule, which includes Walter Johnson and Churchill, ranked No. 2 and 3, respectively, in the Washington Post, St.

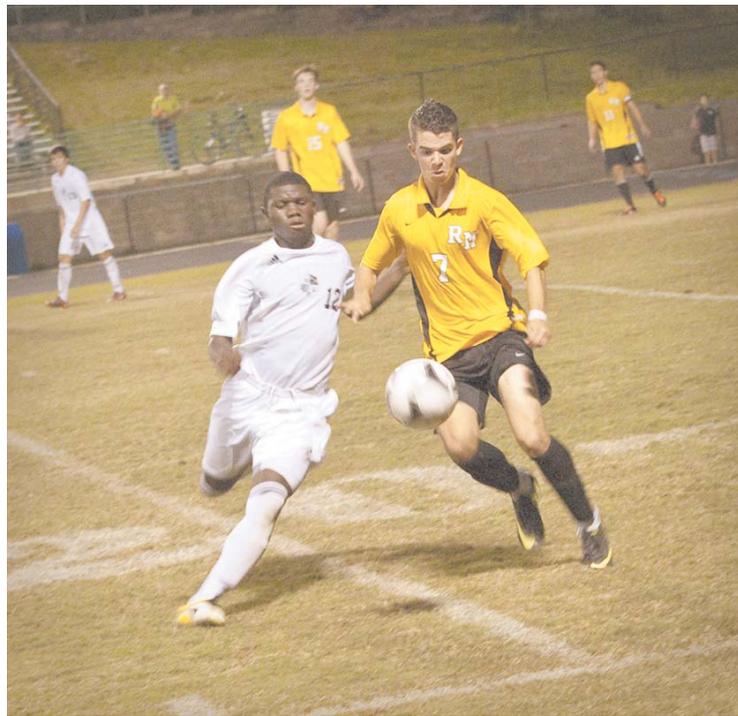


PHOTO BY PATRICIA LAKE

Whitman sophomore Emmanuel Kanneh, left, chases after the ball against Richard Montgomery's Daniel Neves on Oct. 10.

Benedict's (Newark, N.J.) and Archbishop Curley (Baltimore) should have Whitman battle tested come playoff time.

The Vikings also have four athletes who remain from the 2009 state championship team. Seniors Sebastian Cahe, Colin Gurney and Ryan Lee were starters on the team and senior Stephen Rodan was also on the team.

Cahe and sophomore Emmanuel Kanneh are Whitman's leading goal scorers with five apiece.

"I think Sebastian is one of the best players in the county," Greene said about the four-year starter. "He had some games this weekend; he was tired. What we ask him to do is hard to do 80, 90, 100 minutes every game. We ask him to be creative, we ask him to be dangerous. We ask him basically [to] put so much pressure on [an opponent] that they, in a way, forget about everybody else."

"[Kanneh has] improved a lot. I would say he's probably one of our most improved players. His attitude towards the game, he's gotten a lot better. He's grown up a little bit."

Junior Mark Cameron is the team's goalkeeper.

Whitman will travel to face Walter Johnson at 5 p.m. on Thursday, Oct. 13.

against a Quince Orchard team ranked No. 3 in the Washington Post's top 20.

Whitman running back Val Djidotor rushed 17 times for 98 yards and a touchdown. Quarterback Michael Flack carried 16 times for 37 yards and completed 6 of 18 passes for 40 yards.

Defensively, Flack and Max Sessions each snagged an interception. Whitman will travel to face Blair at 6:30 p.m. on Friday, Oct. 14.

Wootton Edged By Blake

The Wootton football team lost to Blake, 33-30, on Oct. 6. The Patriots (3-3) will travel to face Bethesda-Chevy Chase at 6:30 p.m. on Friday, Oct. 14.

SPORTS BRIEFS

FROM PAGE 16

catches for 31 yards and a touchdown and Vinny Montgillion and Aik Davis each had one reception.

Defensively, Malik Harris and Bret Sickels each had 10 tackles for Churchill and Montgillion had seven tackles. Darrion Locke had two sacks and Joe Kale, Joe Nolan and Sickels each had one. Jonathan Lee and Williams each had an interception. Davis had six tackles. Churchill will host Walter Johnson at 6:30 p.m. on Friday, Oct. 14.

Whitman Falls to Undefeated QO

The Whitman football lost to Quince Orchard, 31-10, on Oct. 6, dropping its record to 3-3. The Vikings trailed 17-10 at halftime but couldn't come back

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THE CONNECTION
NEWSPAPERS

An Even Newer Normal

By KENNETH B. LOURIE



The blip-hopefully-not-splat I wrote about last week: lab tests which reveal/maybe even indicate problems that might cause cancer patients (like me) on presumably life-sustaining drugs to consider modifying and/or stopping their treatment altogether, has become the bane of my existence; it's what I live for, if you know what I mean? The problem is, I rarely know/feel anything different until I'm told (the lab results) that something is in fact different. The prudent course of action which usually follows presents a dilemma: do I continue treating the underlying problem (my stage IV lung cancer) if that treatment is harming/compromising other not-directly-related-to organs or do I stop? The medical version of the ever-unpopular, collateral damage.

Thirty months post diagnosis, and thirty-months-plus-one-week when I started chemotherapy (my oncologist's recommendation was not to wait), I am now mindful of, and beginning to seriously worry about, whether my body will allow me to continue the treatment which so far seems to be keeping me alive; the medical vernacular is "tolerate." Diagnosis-to-date, I have been extremely fortunate that my body has "tolerated" the treatment very well, and rarely has any prescribed treatment/schedule been adjusted because of any adverse – but not totally expected, reaction.

Now however, I fear I'll likely be in the adverse-reaction game. A game that I anticipate won't be much fun, but as long as I'm still able to play, I will be grateful. Moreover, the longer I live and the longer I remain on chemotherapy (which diagnosis-to date, I have now become one of my oncologist's longest-living-on-Avastin patients), the greater the chances/likelihood that I'll have more complications. Complications which, amazingly enough, I've not experienced before and which, going forward, have not been studied. Anticipated, maybe? Solvable? Probably not, but possibly manageable. As my oncologist has told me, we're sort of in uncharted territory here. What levels I'm exhibiting may be permanent, and/or may be characteristic of a terminal patient's decline. It's somewhat of a guess, educated, but still a guess. Ergo, my "new normal." Alive and kicking, but what's keeping me alive may very well be what's kicking my butt. Stopping is not an option – in my mind. But in my body, stopping may be the prudent and life-saving – for the moment, course of inaction. However, stopping what treatment I'm currently receiving doesn't seem like a very proactive pursuit. I don't imagine the cancer is going to heal itself. I believe in truth, justice and the American Way but I'm not Superman. I'm average-man, and I don't presume to have any super powers or unique answers – or clues even, to preventing the growth and spread of the tumors already in my lungs. Though I have made a number of changes to my diet and lifestyle since I was diagnosed, I still can't see eliminating medical treatment has part of my future, unless the treatment is doing more harm than good. Is that what these most recent lab results are beginning to indicate?

Whatever tests, lab work, etc., I may have taken for granted previously because the results were usually within reasonably normal parameters might now be changing – for the worse. Certainly I don't know anything definitively, yet (if ever), and future tests could return to normal, and these most recent results may very well just be a blip. Nevertheless, as I consider the past few weeks of stops and starts and re-tests/follow-ups, I can't help but get the feeling that I may be seeing the future – in the present.

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

PEOPLE

Designer Brings Collection Home

Whoever said one can never return home simply never met Alexandra Samit, the New York City-based jewelry designer from Potomac. Having launched



Alexandra Samit

Alexandra Beth Designs following her college graduation two years ago, Samit returns home from New York this fall, bringing her new collection to area boutiques, fall festivals and holiday shows.

Samit's line embraces a distinct fashion sense and has been picked up by dozens of boutiques across the country. Her designs are a mix of soft leather and studs, delicate chains and gemstones. Her materials come from all over the world, as close as New York and as far as Africa and India.

"I do a lot of online sales; however, what I enjoy most is meeting customers in person," said Samit.

"The trunk shows and holiday boutiques offer that opportunity, and it's exciting to meet and chat with everyone. I get valuable feedback and get to see personal reactions to my pieces. I especially love coming home to see familiar faces."

— COLLEEN HEALEY

Alexandra Beth Designs Events

Oct. 22-23
Bloomingdale's
8100 Tysons Corner Center
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Nov. 4-5
Esprit de Noel
Georgetown Visitation Preparatory School
1524 35th Street, NW
Washington, D.C.

Nov. 17
Temple Beth El
8125 Old Georgetown Road
Bethesda

Nov. 17
The Georgetown Inn
1310 Wisconsin Avenue, NW
Washington, D.C.

Nov. 19-20
Mayfield Market
Connelly School of the Holy Child
9029 Bradley Boulevard
Potomac

For more information, including event details and orders, contact info@alexandrabeth.com or visit www.AlexandraBeth.com.

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Zone 3: The Alexandria Gazette Packet The Mount Vernon Gazette	

‘Dear Deer, What Can the Matter Be?’

FROM PAGE 3

“Much work has been done in recent years on developing methods of composting large animal carcasses that are sanitary, effective and environmentally sound,” according to the report.

The Department of Economic Development paid for two refrigerated storage facilities, one in Poolesville and one in Laytonsville, to help farmers manage deer on their property and donate meat to charity.

GOLD MINE: GREAT FALLS PARK

There are no plans to initiate deer management programs in C&O Canal National Historic Park at Great Falls, according to the report, which is blunt in its opinion: “This needs to change.”

The Goldmine Tract of the park, at the intersection of Falls Road and MacArthur Boulevard, is one of the largest contiguous forests in the county and the adjacent Potomac River Gorge is one of the most biological diverse areas in Maryland.

But both areas are being impacted by deer overpopulation, and the effects spill over into nearby communities that have been complaining for more than a decade about deer-vehicle collisions and impacts to property.

“Initiating deer management on National Park Service land is a long and onerous process but that is no reason to ignore a problem that is negatively impacting the resources the park was established to protect. Efforts should start as soon as possible,” the report urges.

JUST SAY NO?

Deer just don’t say no, but contraception has the potential to be a “useful tool” in addressing high deer populations in urban/suburban locations where lethal methods is limited.

“Contraceptives for deer have been ongoing for many years,” according to the report. “However the development of effective drugs and cost effective methods of administering them to wild free roaming deer have proven extremely difficult.”

In 2009, the FDA approved GonaCon for use in free ranging white-tailed deer, which limits the release of sex hormones causing deer to remain in a non-reproductive state. Since it needs to be hand-injected, the vaccine requires that each animal be captured and the product be



PHOTOS BY KEN MOORE/THE ALMANAC

Deer browse through Potomac yards and gardens.

readministered every two to five years.

But the county should monitor progress in the development and use of fertility control methods, says the report.

DEER-VEHICLE COLLISIONS

The county has taken several approaches to reduce deer vehicle collisions, including educating the public on driving in heavily deer-populated areas, use of signs, designing bridges and fencing to keep deer off roadways, and deer population management.

Between 1996 and 2002, police analyzed data on roads surrounding parks where managed hunts were conducted.

“Data showed a significant and sometimes dramatic decline in deer-vehicle collisions as deer populations were reduced.” Recent data suggests that continues to be the outcome, however, other areas have seen an increase in deer vehicle collisions as deer continue to expand into more developed portions of the county.

“The solution to this problem is to expand the deer population management program into these areas,” says the report. “This, however, is not likely to occur in the next year or two given the county’s current budget situation and the higher costs of conducting these efforts in more urbanized areas.”

In 2010, there were 1,930 recorded deer-vehicle collisions in Montgomery County, down from 1,945 in 2009.

HOME GARDENS AND LANDSCAPING

Homeowner or community associations that want a free workshop on controlling deer damage



As deer populations grows, so do the number of deer-vehicle collisions.

can call 301-590-9650 or 301-962-1341.

The website of the Maryland Department of Natural Resources lists various deer management

options.

Also see, www.ParksDeerManagement.org.

LYME DISEASE

Kicking Off Deer Debate

Have a harrowing experience hitting or avoiding a deer on the roadway? Had to battle the long-term effects of Lyme disease? Installed a deer fence, effectively or ineffectively? Had archers come to your house or talk to your neighbors about using their special skill to cull the deer population?

Some neighborhoods in Potomac are engaged in a lively, sometimes heated debate, about whether or how to manage deer populations.

The Almanac invites readers to share their thoughts, anecdotes and opinions on deer. Photos are welcome.

Email kmoore@connectionnewspapers.com

Left untreated, Lyme disease can be chronic and debilitating. Early symptoms include flu-like headache, fever, general fatigue, joint and muscle pain, and a circular rash in 70 to 90 percent of cases. In 2010, the number of cases of Lyme disease reported was 288 confirmed and probable and an additional 175 “suspect” cases.

“It is widely accepted that reducing deer numbers cannot effectively control the spread of the disease,” according to the study. Black-legged ticks feed on many species of mammals and birds and most often pick up the disease by feeding on infected mice and chipmunks, not deer.

When caught early, Lyme disease is usually treated with antibiotics.

See www.montgomerycountymd.gov/lymedisease www.cdc.gov (Centers for Disease Control)

www.lyme.org (Lyme Disease Foundation)

www.natcaplyme.org (National Capital Lyme and Tick Borne Disease Association)



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