

Potomac

ALMANAC

Home LifeStyle

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Every 15 minutes, someone in the United States dies in a distracted driving or alcohol-related traffic collision.

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October 10-16, 2012

online at potomacalmanac.com

People



Lisa Friedlander and Ilene Miller — entrepreneurs and founders of Activity Rocket.com

‘Activity Rocket’ Launches

Speeding the way to better organization for parents.

By Susan Belford
The Almanac

Ilene Miller and Debbie Friedlander are busy Bethesda moms who had an innovative idea — and now their inspiration is benefiting scores of families

throughout Montgomery County, Washington D.C. and Northern Virginia. “Activity Rocket” has taken off and is soaring.

Miller and Friedlander are “recovering attorneys” with five children between them who range from ages 6 through 11. As best friends, they discussed the headaches of calendar juggling, decision-making and carpooling demands for their own children’s after-school activities and summer camps. The two entrepreneurial spirits then developed the idea of a web-site business that would provide a tool to help moms and dads choose their children’s activities without stress.

Friedlander explains how the idea took shape. “I was looking for activities for my then 3-year-old daughter, Camryn, and Ilene was searching for an airline ticket on a popular website. I spent three hours looking and she was finished in a few minutes. That’s when the idea hit us.”

Last year, they launched Activity Rocket — a website that provides a guide and a list of available activities, classes, sports, camps, afterschool and enrichment opportunities for children in the area. The free website tells where the classes are held, which day of the week, and how much the class costs. Moms and dads can choose to search by class provider, location, how far the class is from home, class start date, day of the week and time of day.

“You can prioritize by age, gender, zip code, activity, day and cost — and feedback is instant with a

listing of all the activities according to the specifications put in,” Miller said. “Also included on the website is a planner so parents can schedule an activity and be certain that it will not conflict with their other children’s schedules. More information is provided about the class through comments from former students. Classes are also listed for children with special needs and information is included so that parents can check out the appropriateness of a specific class for their child.”

Parents can also read educational blogs on the “Activity Rocket” website. The blogs cover topics that range from “Tips to Play it Safe with Sports and Orthodontia” to “How to Separate from Your Young One” to “Kids Say the Darndest Things.”

“We hope to eventually take ‘Activity Rocket’ nationwide,” said Miller. “We have received requests from other Maryland counties and friends from other states are hoping we will expand quickly.” They have hired additional staff to help them manage many requests from providers who would like their information on the website. Partners include their first client, the City of Rockville Recreation Department, Montgomery County Parks and Recreation and hundreds of other businesses.

The Activity Rocket website is www.activityrocket.com. To list a business, class or camp, contact provider@activityrocket.com or call 301-563-9404. For more information, go to info@activityrocket.com.



LET'S TALK Real Estate



by Michael Matese

Skylight Choices: Fixed, Vented or Tubular?

A skylight is a day lighting option that adds interest, uniqueness, beauty and energy efficiency to any home. There are a number and variety of choices available when it comes to design and material. One aspect that homeowners considering the addition of a skylight may want to weigh is the type of skylight they want for their home’s lighting, aesthetic and energy goals. Three key things to examine are fixed skylights, vented skylights, and tubular skylights. Each option has benefits and drawbacks, so homeowners should investigate the options before making a decision. Licensed contractors can provide more information on these options and help homeowners choose the right type of skylight for the long-term goals of the residence.

The fixed skylight is integrated as a permanent element of the building. The main advantages of a fixed skylight are that they are easy to install and thus are less costly than other types of skylights, require little maintenance, are less susceptible to leaking or other skylight hazards and are highly energy efficient because of their tighter sealing. Potential drawbacks are difficulty in ventilating rooms and tedious cleaning, due to the fact that the interior and exterior of fixed skylights must be cleaned separately.

Operable skylights are opened and closed according to preference, by electric, solar-powered or manual means. Operable (or vented) skylights provide homeowners more flexibility, allowing the skylight to be opened to any desired degree at the user’s discretion, providing less reliance on electric means for lighting, cooling and ventilation of an area. Operable skylights that are manually or solar powered contribute doubly to the lowering of the homeowner’s power bill. Additionally, operable skylights are easier to clean, as both the interior and exterior may be cleaned from either side. Vented skylights, do, however, require more maintenance than fixed due to the wear-and-tear on the moving mechanical components, which over time will require repair and replacement. The frequent opening and closing of operable skylights also require regular lubrications for hinges to work properly. Finally, operable skylights can accidentally be left open or can require quick action on the homeowner’s part when unexpected rains appear!

Tubular skylights are the most popular choice for small spaces like bathrooms and hallways; once installed, this choice often looks more like a modern light fixture than a traditional skylight. Tubular skylights are flexible tubes running between the ceiling and the roof, thus eliminating the need to build a tunnel. As such, this type of skylight neither raises nor lowers. A reflective material lines the inside of the tube, collecting sunlight from the origin of the tube and bouncing it through the length of the tube to the termination point, where natural light is diffused. The diffusion of sunlight through the tube structure protects interior carpets and furniture from becoming bleached out, as the natural light reaching them is indirect. So you’ve decided on a skylight—now meet with a licensed contractor to decide what kind. Fixed, vented or tubular—the choice is yours, when letting a little light into your home!

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

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Military Notes

Navy Seaman Recruit Jonathan T. Bell, a 2009 graduate of Walt Whitman High School recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Bell completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety.

Mock Tragedy or Sober Truth?

Churchill students stage bloody accident to discourage drunk, distracted driving.

By Ken Moore
The Almanac

Rockville Fire and Rescue personnel covered two Winston Churchill High School students in shrouds last Thursday, Oct 4, at a single car accident scene directly in front of the Potomac school.

Another student was handcuffed around lunchtime after failing a field sobriety test in front of crowds of her peers, while a fourth teen was rushed by ambulance to Shady Grove Adventist Hospital.

"Every 15 minutes, someone in the United States is killed in an alcohol-related or distracted driving traffic collision. This is your opportunity to make a difference," according to Every 15 Minutes, a two-day educational program

"There are no second chances."

— Jim Vagonis,
Rockville Volunteer
Fire Department

held at the school last week.

The tragedy in front of the school may have been staged, but the truth and statistics were sobering.

"There are no second chances," said Jim Vagonis, first deputy chief with the Rockville Volunteer Fire Department.

Vagonis says he and his colleagues receive calls every weekend for real-life scene like the one staged in front of the Churchill last Thursday. Thursday's scene included makeup real enough to portray brain splatter.

"The only difference is we don't have the Grim Reaper standing over the crash," said Vagonis, to a filled auditorium of more than 2,000 Churchill students the following morning. "What you saw is exactly what we do, and we run those calls every week."

SEAN MAYHEW, a former Wootton High School student, was 19 when he killed two people in a car accident at 2:11 a.m. on Nov. 19, 2006 on Seven Locks Road after consuming alcohol before driving. This was real, not part of the Churchill role-play.

"You can't reverse that," he told Churchill students. Mayhew pleaded guilty to two counts of vehicular man-



A Churchill student acts the part of a driver who killed and injured her friends in the Churchill parking lot. Former Wootton student Sean Mayhew was 19 on Nov. 19, 2006 when he actually killed two people at 2:11 a.m. after consuming alcohol. "Those people's lives, you can't reverse that," he told the Churchill student body last Friday.



The Grim Reaper visited Shira Rodman during class Thursday, and Rodman wasn't permitted to talk the rest of the day, as if she had died. "Dear Mom and Dad," she wrote as if writing the message she never got the chance to say. "You guys are the perfect parents. You filled my life with love and support. ... Please tell Coby that I love him and am sorry that I made a decision that changed our lives forever."



A student actor failed a field sobriety test, and was handcuffed and arrested while the bodies of two others were covered in shrouds in Churchill's parking lot. A passenger in the car, and friend of the driver, was taken to Shady Grove Adventist Hospital to "witness the pain" their decisions caused her brother and father who watched helplessly as hospital personnel attempted to save her.

slaughter and will be on probation until 2014 after spending 21 months in jail.

He remembers getting out of the car the night of the accident, "basically unharmed," he said. "At the time, I was thankful."

He walked halfway to the bodies of the two people he killed when he said his feet felt like bricks as he tried to continue to the bodies.

"My actions killed two people. I wake up every morning, every day knowing I can't change it," he said.

TEXTING AND DRIVING is another form of distracted driving covered by the Every 15 Minutes program.

Drivers are 23 times more likely to be involved in an accident while texting, according to statistics given to students.

Churchill students were shown film footage of families and friends forever changed by teenagers killed when texting while driving, and examples of what they were texting just before they died.

"LOL"

"Where you at?"

"Yeah"

"Where R"

"Is that worth losing your life over?" the film asked. "Is it worth it?"

"If parents don't know what's going on, they are living in a fantasy world."

— Dr. Joan Benz,
Churchill principal

"WE HAVE TO THINK about it," said Dr. Joan Benz, Churchill principal. "If parents don't know what's going on, they are living in a fantasy world."

She said students have a "duty" not only to protect themselves, but a "responsibility to protect their friends."

Montgomery County State's Attorney John McCarthy said his father died largely because he drank himself to death. "Do I care about drinking in the community? You bet I do," he said.

But he warned the student body. "These are not accidents, these are crimes," he said. "People who suffer these kinds of losses don't have it go away."

Before introducing Mayhew, whom he had prosecuted, Assistant State's Attorney Steve Chaikin told students to be aware of the danger zones since one third of the students will be involved or will know someone involved in a serious accident caused by distracted driving or alcohol-related ac

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Community

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Photos by Ken Moore/The Almanac

Potomac United Methodist has organized "Blessing of the Animals" for approximately 15 years. Dogs are the most common animal to be blessed, but Charly Ryan said cats, guinea pigs, a horse and a chicken have been blessed in the past.

'Bless this Creature'

Mouth open, Noah Bumanis, of Potomac, looked skyward as the Rev. Dr. Ann Laprade placed her hands on his back and blessed him Saturday, Oct. 6 at Potomac United Methodist Church.

"God, bless this creature named Noah," said Laprade, as Noah's owner, Al Bumanis, watched and held Noah's leash.

Bo, the Boxer, watched from the audience as he curled up in his owner's lap before being blessed.

The pastor blessed approximately 20 animals in front of Potomac United Methodist Church, in services held from 9 a.m. to noon.

"The animals of God's creation inhabit the skies, the earth and the sea. They share in the fortunes of human existence and have a part in human life," she read from Genesis at the beginning of the service.

Potomac United Methodist has conducted the Blessing of the Animals about 15 years, according to

Charly Ryan who has helped organize the program for 11 years.

"They loved it, it is really well received," she said when the idea was pitched to the congregation years ago. "It's just one of the many things the parish does to reach out. It's low key and fun."

Dog lovers are the most common owners Ryan has seen, but cats, a horse, a guinea pig and a chicken have been blessed in the past.

"We'd love to have an elephant or a camel or something different next year," she said.

— Ken Moore



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The Rev. Dr. Ann Laprade blesses Noah Bumanis at Potomac United Methodist Church Saturday, as owner Al Bumanis keeps a light hold.



Charly Ryan and The Rev. Dr. Ann Laprade facilitated the blessing of approximately 20 animals including Bo, the Boxer, last Saturday.

Bermans Celebrate 10 Years as Owners of Hunter's Inn

Oct. 24 fundraiser to help young leukemia victim.

By Susan Belford
The Almanac



Murray Berman, Chef Steven White and Fred Berman.

Murray and Fred Berman purchased the iconic Potomac "Cheers" bar — Hunter's Inn — 10 years ago in October 2002. The restaurant, which was once located across the street in the Potomac Promenade was originally opened in 1977. It became known as "The Best Place to Meet," "The Best Place to Make a Deal," and one of the "Most Romantic Restaurants" in the D.C. area. Its bar extends almost the length of the "casual" side of the restaurant as well as a "formal" dining area.

On the past nine anniversaries, Hunter's Inn has hosted a Happy Hour with free food and low-priced drinks for their customers. To celebrate their 10th anniversary, the Bermans have elected to donate 15 percent of their profits on Wednesday, Oct. 24 to the non-profit "Living with Childhood Leukemia." They have chosen this particular organization to honor and support 4 year-old Christopher Vita who was diagnosed a year ago with leukemia.

Murray's spouse Sylvia explained why they have chosen to have their anniversary celebration help another family: "Christopher is a very brave little boy. His mother is a close friend of our daughter Jennifer. It's been a long year since Christopher was diagnosed, and his condition has improved. However, he still has a long road ahead of him. We want to help him and his family. We hope the community will plan to dine at Hunter's Inn on Wednesday, Oct. 24 to support this worthwhile cause. This is a very personal cause — unlike many fundraisers the money goes directly to help a family who lives nearby."

"Living with Childhood Leukemia" is a

newly established 501(c)(3) foundation. The funds go directly to the Vita family to pay for medical expenses and other expenses incurred as a result of his illness. Christopher is being treated at Children's Hospital. All funds that are not used for treatment will be donated to Children's.

In addition to helping a good cause, diners will have an opportunity to try the cuisine of the new Hunter's Inn chef, Steven White. White graduated from Georgetown Prep and the University of Maryland but then chose to travel north to the Culinary Arts Institute at Le Cordon Bleu in Ottawa, Canada. His first job after graduation was with Chef Peter Timmins at the Greenbrier Resort.

White has been at Hunter's Inn for four months: "I've brought new items to the menu. I've kept the customer favorites but have added new specials for lunch and dinner. Monday is Italian night with homemade Italian cuisine such as Linguini Pescatore, Pork Chop Milanese and Tilapia Puttanesca. Tuesday is half-price wine night. On Wednesdays, we are featuring French night with classic French entrée's like Bouillabaise, Coq Au Vin and Steak Frites.

Thursday evenings, we offer Mexican fare with steak fajitas, fish tacos with Napa Slaw, and half-priced margaritas all day. The price point is excellent with most main courses \$20 and under."

Hunter's Inn also features Happy Hour every day from 4-7 with specially priced appetizers and drinks. "We make the biggest martini of any restaurant around — it's 10 ounces. We also have a wine collection of over 100-plus different bottles of wine," Fred Berman said.

White has put an emphasis on serving fresh vegetables with his entrées as well as a number of new vegetarian menu items: "Since it is fall, I will be designing a seasonal menu featuring root vegetables, wild game and soups. Everything is freshly made each day from scratch."

Murray and Fred Berman have loved owning and operating Hunter's Inn for the past 10 years. "I love it, because most of the customers are also my friends," said Fred Berman. "We are both long-time Potomac residents and we often serve our neighbors, friends and the young people that our kids grew up and went to school with."

Murray Berman added, "We make people feel at home here. There's no better job than one where you get to see your friends and take care of them. Our diners come back over and over again."

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Entertainment

'Park After Dark' Returns

The 2nd "Park After Dark" fundraiser for the C&O Canal has adopted the theme of the Civil War since 2012 is the Sesquicentennial of the Civil War.

"Enlist Today" will feature a Civil War encampment and re-enactors. The Oct. 13 event will be held at 6 p.m. at the Historic Great Falls Tavern at the C&O Canal National Park in Potomac.

"A Special Evening Under the Stars" will feature plenty of "hearty rations and libations," music by the 19th Street Band and live and silent auctions of experience packages and artwork. Dress is casual; blue jeans and boots is the perfect attire.

Last year's "Park After Dark" sold out and netted \$58,000 for the C&O Canal. Tickets are \$150 per person at www.CanalTrust.org or at 301-714-2233.



Potomac River Jam Returns

The Potomac River Jam is back for a fifth year with a full schedule of nature walks, local music, games, and fun for everyone to enjoy. On Sunday, Oct. 14, the public is invited to the River Center at Lock 8 to celebrate the Potomac River and C&O Canal with Potomac Conservancy. Activities will begin at 9 a.m. and continue through 4 p.m.

For the past four years, people from surrounding communities have attended the Potomac River Jam to sample the summer's most popular nature walks at Lock 8, tour the River Center and historic lockhouse with a volunteer guide, take canoe rides, and enjoy a variety of musical sets from local-area musicians.

Come out early to enjoy three nature walks, lead by local naturalists. There will be an assortment of children's games, face-painting, and crafts, and throughout the day there will be a chance to win a raffle prize. The afternoon's musical performance will feature a variety of genres, from children-oriented world music from Bill Jenkins, folk with Kensington Station, rock-folk from ilyAIMY, and lively Irish music by Lilt. Refreshments will be available throughout the day, and all activities are free and open to individuals of all ages.

This year's schedule of activities includes:

Nature Walks along the C&O Canal

❖ 9 - 10 a.m. — Mushroom Walk: Learn about common mushroom species found in the Potomac region with local mycology buff, Buddy Kilpatrick.

❖ 10-11 a.m. — Edible and Medicinal Plants: Hear the history and folklore of common trees, weeds and wildflowers on a medicinal plant walk with Randa Steblez.

❖ 11 a.m.- noon — Kids Bug Walk: Discover the creepy crawlies that everyone loves and can find in their own backyard and along the Potomac River with volunteer naturalist Deborah Landau.

Music

❖ 12 pm: Children's Music with Bill Jenkins World of Music

❖ 1 pm: Folk Music with Kensington Station

❖ 2 pm: Folk Rock Music with ilyAIMY

❖ 3 pm: Irish Music with Lilt

Canoe Rides

❖ 11 a.m. to 3 p.m. (every 15 minutes): Take a paddle on the Potomac. First come, first served — sign up at event for a timeslot.

Visit www.potomac.org/site/potomac-river-jam. This event is supported by REI and Bethesda Co-op.

Calendar

Email community entertainment events to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos and artwork encouraged.

THIRD TUESDAY EACH MONTH

Mommy & Me (& Daddy, Too). 10 a.m. to noon. At Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-a-longs, prizes and more. <http://rockvilletownsquare.com/events/mommy-and-me>. Oct. 16 on The Plaza; Nov. 20 and Dec. 18 in The Library, First Floor.

OCT. 23, 24, NOV. 6, 13, 14, 27 & 28

Strathmore Afternoon Tea. 1 p.m. The soothing sounds of local musicians fill the room, as you enjoy afternoon tea in the cozy atmosphere of The Shapiro Music Room at Strathmore. Vegetarian meals are not available. \$23 per person (Stars Price \$20.70). Pre-paid, non-refundable reservations required. Call 301-581-5108. The Mansion at Strathmore, 10701 Rockville Pike. Visit www.strathmore.org.

MONDAYS/THROUGH OCT. 29

So You Think You Can't Sing. 7:30-9 p.m. A relaxed, non-judgmental environment, an instructor who has worked with choirs in schools,

churches and conservatories everywhere—this class is for people who always wanted to sing but couldn't. Breathing exercises, pitch-matching games and enjoyable activities build proficiency and confidence. Taught by John Horman, this class is for adults. The Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit www.strathmore.org.

THROUGH OCTOBER

Potomac Farmers Market. Thursdays, 2-6:30 p.m. Organized by Montgomery County at Potomac United Methodist Church, 9908 South Glen Road, at the corner of Falls Road and Democracy Blvd. 301-792-6054.

Bethesda Freshfarm Market. Saturdays, 9 a.m.-1 p.m. On the last Saturday of each month a local chef will give cooking demonstrations at the market. At Norfolk Avenue, between Fairmont and St. Elmo Avenues in Bethesda. Call 301-215-6660 or visit www.bethesda.org.

THROUGH DECEMBER

The Puppet Co. at Glen Echo Park has announced its 2012-2013 season

with something for everyone. There are favorite fairytale princesses, an annual holiday tradition, and a special guest artist with a bilingual twist. 301-634-5380 or www.thepuppetco.org.

Beauty and the Beast, Oct. 12 - Nov. 16, 2012. Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

The Nutcracker, Nov. 23 - Dec. 30, 2012. Thursdays and Fridays at 10 and 11:30 a.m. Saturdays and Sundays at 11:30 a.m. and 1 p.m.

WEDNESDAY/OCT. 10

The ABC's of CBT. Cognitive Behavior Therapy is an evidence based therapeutic approach. Learn the basic principles of CBT and skills to help children become more positive thinkers. Call Early Intervention Therapy at 301-468-9343.

Samis Ahmad. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets: \$15. North Indian classical vocalist Samia Ahmad branches out from her classical base to incorporate Nazrul Sangeet, Bhajans and global fusion, melding Hindustani classical

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Entertainment

Wootton Produces 'Little Shop'

"Little Shop of Horrors" will be presented on Oct. 25, 26 and 27 at 7:30 p.m. at Thomas S. Wootton High School, 2100 Wootton Pkwy, Rockville.

Tickets are available at www.schooltix.org/wootton, by

downloading an order from from www.woottonpatrons-arts.org, by visiting the Box Office at Wootton High School, or two hours before show times. Call 301-279-8581.

Ticket costs are \$12 for adults and \$8 for students.

Calendar

From Page 6

sounds with the rhythms of South Africa and the West. Call 301-581-5100 or visit www.strathmore.org.

THURSDAY/OCT. 11

Concert. 8 p.m. Travel back in time with Jack Everly and the BSO Superpops for television themes of the '50s, plus "Hit Parade" tunes. Experience a wave of nostalgia as unforgettable radio hits and even a game show unfolds, including a nod to the dawning of rock and roll and the rise of Elvis. Approximately 130 minutes with intermission. The Music Center at Strathmore, 5301 Tuckerman Ln. Call 301-581-5200 or visit www.strathmore.org.

FRIDAY/OCT. 12

Duo Amaral. 7:30 p.m. Mansion at Strathmore, 10701 Rockville Pike. Tickets \$30. Jerusalem-born Mia Pomerantz-Amaral and husband Jorge Amaral are prizewinners of several international guitar competitions. Call 301-581-5100 or visit www.strathmore.org.

SATURDAY/OCT. 13

Book Sale. 10 a.m.-1 p.m. Potomac

Library, 10101 Glenolden Dr. Sponsored by the Friends of the Library, Potomac Chapter. Most hardbacks \$1 and paperbacks \$.50.

Meet Eleanor Roosevelt.

7:30 p.m. The Friends of the Clara Barton Community Center presents performance about roles Eleanor Roosevelt played in her lifetime. The Clara Barton Community Center, 7425 MacArthur Blvd. \$20. Call 301-229-0010 or visit www.friendsofclarabartoncommunitycenter.org.

Free 50+ Expos. noon-4 p.m. Attend the 13th annual 50+ Expos featuring expert speakers, a variety of informative exhibitors and excellent entertainment. Free. At White Flint Mall, 11301 Rockville Pike. Call 301-949-9766.

Waltz Dance. 7:30 - 11:30 p.m. In the Bumper Car Pavilion at Glen Echo Park, featuring the ensemble Gigmesters. Admission for the lesson and dance is \$15. No partner required. Call Joan Koury at 202-238-0230 or Glen Echo Park at 301-634-2222, or visit <http://www.waltztimedances.org/> or e-mail info@WaltzTimeDances.org. The Glen Echo National Park is located at

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VisArts invites beginners, skilled and professional artists for a day of creative exploration. We will provide live models for a full day of figure drawing. Break through the fear of drawing with experienced instructors. Easels will be available on a first come, first served basis. Join this creative experience where the focus will be on process as much on finished work.



Registration fee: \$25 in advance, \$30 at the door. Participants should bring their own drawing supplies. Proceeds from this event will go to cover VisArts Wounded Warrior efforts to provide art programs for U.S. veterans.

Saturday, Oct. 13, 2012 from 10 a.m. - 1 p.m., lunch break, 2- 5 p.m. Ages 14 and up; Under 18 needs guardian permission.

Visit www.visartsatrockville.org.

Classes at VisArt

VisArts is located at 155 Gibbs Street, Rockville. visit www.visartsatrockville.org or call 301-315-8200.

DRAWING 101

Students will explore basic drawing techniques. Media includes pencil, charcoal and conte crayon. By the end of the class, students will have the ability to make accurate drawings, understand form and structure, and use value to illustrate light, form and texture. Wednesdays, Oct. 17 - Dec. 12, noon - 2 p.m. Tuition: \$160.

INTERMEDIATE-ADVANCED FIGURE SCULPTURE

In this class, students will work on a portrait bust and a figure in plasticine. There will be an emphasis placed on mass and anatomy on a 3D model to demonstrate basic technique for capturing likeness. Tuesdays, Oct. 23 - Dec. 18, 7 - 9 p.m. Tuition: \$270, includes plasticine and use of tools.

SCHOOLS OUT: HARVEST CRAFT DAY I

School is closed for the day, but VisArts is open. A full day of harvest crafts, including pumpkin carving, a spooky fused glass plate, Mummy keychain, Halloween lantern and more. We provide all of the materials — you provide lunch and the child. Friday, Oct. 19, 8:30 a.m. - 3 p.m. Ages 7-12. Tuition: \$85.

Calendar

From Page 7

7300 MacArthur Blvd.

McLean School Fall Festival. 11 a.m.-2 p.m. Children of all ages will enjoy inflatables, a foam pit, angry birds, face painting, arts and crafts, a DJ and more. Enjoy homemade bake sale, food trucks and cotton candy. The McLean School, 8224 Lochriver Ln.

FRIDAY-SUNDAY/OCT. 12-14
The Sugarloaf Crafts Festival. 10

a.m.-6 p.m. (5 p.m. on Oct. 14) at the Montgomery County Fairgrounds, 16 Chestnut St. Adult admission is \$8 when purchased online, \$10 at the door, and free for children under 12. Admission is good for all three days of the Festival. Free parking is available. Visit www.sugarloaforcrafts.com or call 800-210-9900.

SATURDAY-SUNDAY/OCT. 13-14
Potomac 57th Country House
Tour. Organized by Saint Francis

Episcopal Church, the Tour gives a glimpse inside some of Potomac's most interesting homes while raising funds for local charities. The owners of Glenstone, an art museum in Potomac, will offer a private tour for 20 participants selected by drawing from those who make a separate donation to House Tour Charities. Visit www.potomaccountryhousetour.org.

2nd Annual Maryland Festival of the Arts. National and international artists will offer residents and visitors a visually-stunning palette of original, hand-crafted artwork. Downtown Silver Spring on Ellsworth Dr. Saturday 10 a.m.-6 p.m. Sunday 11 a.m.-5 p.m. Free. Visit <http://www.paragonartevents.com/maryland/>.

Beethoven: The Power of Three. Pianist Orli Shaham kicks off the National Philharmonic's 2012-2013 season with Beethoven's Piano Concerto No. 3. A free pre-concert lecture will be offered in the Concert Hall at 6:45 p.m. on Oct. 13; 1:45 p.m. on Oct. 14. Concert will be held at 8 p.m. on Oct. 13 and 3 p.m. on Oct. 14. Approximately 125 minutes with intermission. At The Music Center at Strathmore, 5301 Tuckerman Ln. Call 301-581-5200 or visit www.strathmore.org.

SUNDAY/OCT. 14

Free Benefit Concert. 4 p.m. The second annual "Faiths-In-Action" Concert will feature music by the Washington Vocal Artists and Cantor Mikhail Manevich of Washington Hebrew Congregation. Proceeds will go to Mobile Medical Care, Inc., a nonprofit providing healthcare to uninsured persons in Montgomery County. The concert is free and will be held at Potomac United Methodist Church, 10300 Falls Rd. Followed by a reception in the church parlor. Call 301-299-9383.

THROUGH OCT. 15

Exhibition. Saturdays 1-4 p.m. and Sundays 1-8 p.m. Photoworks Gallery in Glen Echo Park presents Neighborhoods: A Photography Exhibition. Neighborhoods features work from two photography projects: "24 Hours East of the River," by members of The Exposure Group African American Photographers Association; and "Markets," by photographer Alec Dann. 7300 MacArthur Blvd. 301-634-2274 or www.glenechophotoworks.org.

See Calendar, Page 19

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“I love seeing our whole town come together.”

— Lindsey Thaker, Co-Youth of the Year

Citizens of the Year To be featured at Potomac Day parade.

By Ken Moore
The Almanac

The Potomac Chamber of Commerce named the Potomac citizens of the year this past week. The Citizen of the Year, Youth of the Year, and Businessperson of the Year are scheduled to ride in convertibles in the Potomac Day parade on Oct. 20. The Potomac Chamber of Commerce will honor each of them at a ceremony at Normandie Farm in November.

Lindsey Thaker, of Holton-Arms School, and Jonathan “JD” Dyer, of Bullis School, are the 2012 Youth of the Year.

“I have lived in Potomac for 15 years and have been to many Potomac Day celebrations,” according to Thaker. “I love seeing our whole town come together.”

Thaker gave a speech to her peers in the Holton-Arms Upper School about the importance of maintaining relationships with grandparents with dementia and Alzheimer’s and created brochures and a video to help youth and teens maintain strong relationships with grandparents.

“To me, that means looking them in the eyes, holding their hand and talking to them with the same respect and admiration as you would anyone else. Just because communication is difficult doesn’t mean it’s impossible,” she said.

Thaker has been in the Potomac Girl Scout troop 1799 since first grade, is a Chinese speaker since kindergarten at Potomac Elementary, and helped start a comedy club at Holton-Arms.

“To provide relief through laughter during packed, stressful school days,” she said.

Thaker is on the hockey and softball teams at Holton-Arms and is also a lifeguard.

In the summer of 2012, she traveled to Hawaii on a service trip about essential ecosystems. “We educated tourists on how to help preserve coral reefs and marine life,” she said. In 2011, she went to New Orleans to clean up Katrina damage. She has also been to India with eight peers and helped organize a carnival for youth who live in poverty.

Holton-Arms School Dean of Students Lisa Craig nominated Thaker, of Potomac.

JONATHAN “JD” DYER is an Advanced Placement and honors student at Bullis, a member of the National Honor Society, active participant in student government, and a “leading member” of the Bullis varsity football team, according to Andrew C. Delinsky, Upper School Principal of Bullis School.

“Scholar, athlete, community service leader, and one of the most thoughtful men I have ever taught,” said Delinsky. “Perhaps the most amazing aspect of JD is what he has overcome.”

Dyer was in a coma for weeks after a serious car accident in middle school. He repeated the eighth grade to regain full cognitive ability, said Delinsky.

“His story is amazing, especially considering he has emerged as a top student, leader, thinker, athlete and community ambassador,” he said.

Dyer proposed a shoe drive last year, and the Bullis School collected more than 500 pairs of shoe to ship to Haiti. He volunteered time at a “Wider Circle,” an organization that provides furniture and household necessities to families coming out of shelters. This school year, Dyer took a seminar called “Poverty and Equity in Montgomery County.”

“He has clearly thought deeply about the challenges of poverty in our own area,” said Delinsky. “He wants to bring jobs to needy communities and also reform

the government. JD thinks deeply about the world around him, and has the talent and passion to make a big impact in his community, now and in the future.”

LOIS WILLIAMS, a Potomac resident of 46 years, is this year’s Potomac Chamber of Commerce Citizen of the Year.

West Montgomery County Citizens Association honored Williams with a plaque in May for “extraordinary contribution to WMCCA and the Potomac community.”

Williams has worked with and for West Montgomery for 40 years and has served as the newsletter editor and board member.

“She has a lot of knowledge of the history of the Potomac area,” said Barbara Hoover, a member of the West Montgomery board of directors.

She promoted membership in the citizens’ association through designing the new membership brochure, according to Sue-Ann Norian of Potomac.

“She has always been an advocate for WMCCA,” said Norian, working on issues pertaining to watershed awareness and environmental protection and leading a West Montgomery project honoring students collect data and who work on stream valley protection. Williams calls West Montgomery “an opportunity for people who live in Potomac to have a voice in the halls of government.”

THE CHAMBER’S BUSINESSPERSON of the year is Dr. Gerald L. Boarman. “Under the dynamic leadership of Dr. Gerald Boarman, who became fifth head of school in 2010, Bullis has expanded its valuable role in the community,” according to Tom Sullivan, Chairman of the Board of Trustees of the Bullis School. “Giving back to the community and to those less fortunate is a primary focus integrated into school life all year long.”

Events Boarman has helped the Bullis community initiate or support include: 5K Races that raised money for families of soldiers who were killed in service as well and to women’s shelters and Habitat for Humanity; cereal drives that donated more than 1,400 boxes of cereal to Manna Food Center; blood drives and clothing drives and Thanksgiving Basket Program and Apple Pie Bakes for county families; upper school visits to local nursing homes; annual spring performing arts reception for nursing care facilities; and tennis academies for youth with Down Syndrome.

The community service program extends past the local community, according to Sullivan, including building a children’s library at CASA Multicultural Center in Langley Park, weekly work at Martha’s Table in Washington D.C, Habitat for Humanity Projects from D.C. to West Virginia to Guatemala, and global service trips have sent students to help in under-developed regions of Cambodia, Argentina and other countries.

Boarman “has opened the campus to invite the community to a wide array of cultural events of campus, including art shows, holiday chorales, jazz cafes, musicals and dramatic performances, dance shows and more,” such as the Potomac Theater Company, Spirit of Uganda and China Cultural Arts Group.

Sports organizations including Bethesda Lacrosse, Rockville Football and the Potomac Memorial Day Soccer Tournament have used the Bullis campus.

Bullis School, a college preparatory school with 675 students, serves students from third grade to senior year of high school. The Potomac school moved from Silver Spring in 1964.

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LOCATIONS:

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Potomac Day 2012

30th Anniversary Potomac Day 2012

Saturday, Oct. 20

Come out and spend the day and celebrate the 30th anniversary of Potomac Day. See the Parade, play at the free Children's Festival, enjoy the food, browse the business fair, meet your friends and neighbors.

SCHEDULE OF EVENTS

9:30 a.m. Parade Lineup Begins
9:45 a.m. Parade Lineup Deadline
10 a.m. Road closures, crossroads at Falls and River Roads close for the Parade
Spectators should plan to arrive before 10 a.m. road closures
10:30 a.m. Potomac Day Parade Kicks Off
Chrissellene G. Petropoulos, opera singer and vocal teacher, will sing the National Anthem
11 a.m. - 3 p.m. Free Children's Festival includes Moon Bounces, Carnival Rides, Climbing Wall, Petting Zoo, Pony Rides and more.
11 a.m. - 3 p.m. Business Fair, Arts & Crafts, Potomac Food, Car Show and more

Potomac Day is a sponsored by the Potomac Chamber of Commerce in appreciation of our customers, clients and colleagues. Come out and spend the day to celebrate the 30th Anniversary of Potomac Day.



Potomac's own mobile petting zoo Squeals on Wheels will provide creatures of many sizes plus pony rides on Potomac Day as part of the free children's festival.

2012 Honorees and People of the Year

Parade Grand Marshal, Dr. Joan Benz, Principal, Winston Churchill High School
Youth of the Year, Lindsay Thaker, Holton Arms School and Jonathan (JD) Dyer, Bullis School
Citizen of the Year, Lois Williams, West Montgomery County Citizens Association
Business Person of the Year, Dr. Gerald L. Boarman, Head of Bullis School

Charity of the Year, McPAW, Montgomery County Partners for Animal Well-being, www.mcpaw.org

The People of the Year will be featured in the Potomac Day Parade on Potomac Day, Oct. 20, and honored at an awards banquet at Normandie Farm Restaurant, Nov. 15, 2012, 6-9 p.m.

For more information, see www.potomacchamber.org or email Jennifer@potomacpizza.com, 301-299-2170.



See story on page 9



Potomac Elementary marchers in the Potomac Day Parade.



Cub Scouts march in last year's Potomac Day parade.

Photos by Harvey Levine/The Almanac



Friends of the Library, Potomac Chapter, bring storybook characters to life in the Potomac Day Parade in 2011.

ACHIEVEMENT: LIVES HERE

We know that achieving more in the community begins with the people who belong to it. That's why PNC is a proud sponsor of Potomac Day.

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OCTOBER 20TH, 10 TO 3 IN POTOMAC VILLAGE.
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Potomac REAL ESTATE

Photos by Deb Stevens/The Almanac

In August 2012, 59 Potomac homes sold between \$2,800,000-\$492,000.

Top Sales in August 2012

1 11218 River View Drive, Potomac — \$2,800,000



2 9943 Potomac Manors Drive, Potomac — \$2,400,000



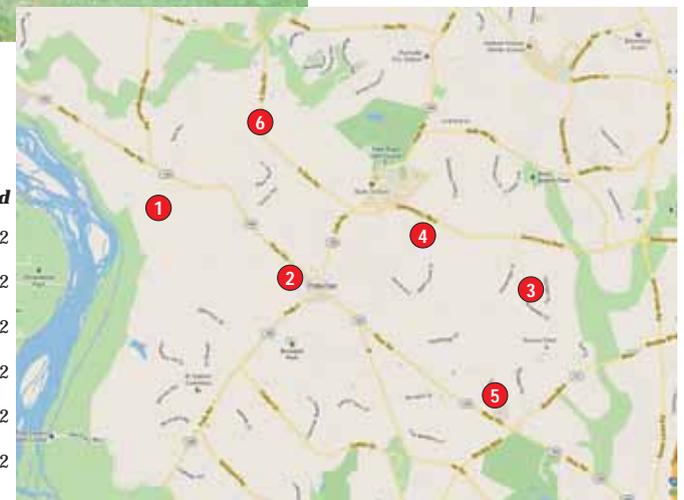
3 9809 Carmelita Drive, Potomac — \$1,700,000



5 9115 Harrington Drive, Potomac — \$1,620,000



4 8904 Iron Gate Court, Potomac — \$1,650,000



© Google Map data

Address	BR	FB	HB	Postal City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 11218 RIVER VIEW DR	6	5	1	POTOMAC	\$2,800,000	Detached	1.61	20854	MARWOOD	08/24/12
2 9943 POTOMAC MANORS DR	8	7	2	POTOMAC	\$2,400,000	Detached	1.21	20854	POTOMAC MANOR	08/28/12
3 9809 CARMELITA DR	5	4	1	POTOMAC	\$1,700,000	Detached	0.46	20854	MCAULEY PARK	08/10/12
4 8904 IRON GATE CT	5	5	1	POTOMAC	\$1,650,000	Detached	2.04	20854	CAMOTOP	08/17/12
5 9115 HARRINGTON DR	4	3	1	POTOMAC	\$1,620,000	Detached	2.02	20854	BRADLEY FARMS	08/21/12
6 11004 SOUTH GLEN RD	6	6	2	POTOMAC	\$1,518,000	Detached	2.24	20854	RIVER OAKS FARM	08/20/12

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Home LifeStyle



Options
abound for
vibrant fall
flowers like
Echinacea,
also known
as purple
coneflowers.

Photo Courtesy of Potomac Garden Center

Bringing Home Colors of Fall

Late-blooming flowers are exploding with orange, yellow, purple and other vivid shades.

By Marilyn Campbell
The Almanac

From shrubs and trees to flowers and bulbs, cool autumn temperatures offer ideal conditions for planting a fall garden, say experts. Whether one's goal is to create a jewel-toned landscape, a hearty bed of greens or simply plant bulbs in preparation for a pastel-imbued yard next spring, area horticulture gurus say the options are plentiful.

"Fall is a great time to plant," said Claire Seesman of the Potomac Garden Center in Potomac. "There are a lot of fall blooming perennials: Echinacea (also known as purple cone flowers), ornamental fall grasses, mums, pansies, cabbage and kale are huge right now."

Why is fall well suited for planting? "Mostly because the plants are going dormant and not actively growing, so they have a lot less transplant shock," said

David Watkins of Merrifield Garden Center. "You still have to watch the watering [because] plants are still using water, even in the winter months."

Seesman says trees and shrubs are particularly popular in autumn.

"As they go into dormancy they really don't have much of a problem settling in, so it is a great time to

get them established."

For foliage that offers an explosion of color, Watkins recommends the burning bush. "It turns such a beautiful red color in the fall," he said. "October Glory and Red Sunset maples all have fantastic fall color. Most of your hydrangeas also turn a beautiful color in the fall." To add shades of purple, Watkins suggests plants like winterberries and beautyberries.

For those who think that blooming flowers are reserved only for spring gardens, Seesman says to think again. "Coral bells come in so many different colors ... lime green all the way to a peach crisp color and a deep purple called 'plum pudding.' Those are amazing for adding fall color to the garden." She also recommends other vividly hued varieties such as Shasta daisies, coneflowers and gaillardia

If one's preference is planning for next spring, Doris Williams, also of Merrifield Garden Center, says now is the time to plant bulbs.

"Everybody loves tulips, daffodils and narcissus in the spring, and iris and hyacinths smell good." However, "they need to be planted in the next month or two."

Williams adds that, if available, bulbs can be planted during winter as long as the ground is not frozen. "They need to get six to eight weeks of cold weather after planting to set their blooms," she said.

Richly colored fall grasses often compliment other flowers and plants in a garden. "My favorites are pink muhly grass," said Seesman. "It has a really nice purple-pink plume as it blooms. Another one is 'little blue stem' which has of a blue-green color and then it opens up into pink and fluorescents so you get a lot of different color on it."

"Fall is a great time to plant. There are a lot of fall blooming perennials. ... Ornamental fall grasses, mums, pansies, cabbage and kale are huge right now."

— Claire Seesman, Potomac Garden Center

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Two Events - One Day with SUN DESIGN!

Saturday, October 13th — 10am-4pm



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6504 Maderia Ln.....\$1,249,000.....Sun 1-4.....Chana Sky.....Long & Foster..240-497-1700
6428 Hollins Dr.....\$675,000...Sun 1-3:30.....Leon Hasnain.....RE/MAX..240-295-6000

Potomac (20854)

13728 Canal Vista Ct.....\$1,399,900.....Sun 1-4...Yasmin Abadian.....Long and Foster..301-983-1212
10901 Burbank Dr.....\$1,395,000.....Sun 1-4.....Cindy Souza.....Long & Foster..301-493-9878
11421 Twining Ln.....\$1,299,000.....Sun 1-4.....Leslie Friedson.....Long & Foster..301-455-4506
10813 Tara Rd.....\$1,295,000.....Sun 2-4.....Meg Percesepe..Washington Fine Prop..240-441-8434

Rockville (20850, 20852)

11410 Strand Dr, #302.....\$789,000.....Sun 1-4.....Debbie Cohen.....Long & Foster..202-288-9939
10904 Brewer House Rd.....\$660,000.....Sun 1-4...Shih-Ting Huang.....Premiere..240-268-0760
202 Rollins Ave.....\$579,000.....Sun 2-5...Barbara Skardis.....WC & AN Miller..240-481-0700
10612 Forest Landing Way.....\$395,000.....Sat 1-4.....Wu Ou.....Evergreen..301-840-8061

**For an Open House Listing Form,
call Deb Funk at 703-778-9444 or e-mail
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All listings due by Monday at 3 P.M.**

Opinion

Cancer Awareness

Success with breast cancer awareness should help other cancers.

October is breast cancer awareness month. Anyone connected to media of any variety already knows this. A massive marketing success, we all know that pink shows support for breast cancer prevention, especially in October.

For me, last month marked three years since I completed chemotherapy and radiation for breast cancer. Because of early detection, advances in treatment (surgery, radiation, chemotherapy and ongoing hormonal treatment in my case), and ongoing monitoring, my prognosis, and the prognosis for most of the 2.5 million breast cancer survivors in the United States, is excellent.

Still in 2008, the last year reported by the CDC, 40,589 women died from breast cancer. The same year, 210,203 U.S. women were diagnosed with breast cancer. It is the most common cancer for U.S. women other than skin cancers.

Breast cancer awareness month is the perfect time to be sure that you and/or the women in your life are following best practices for breast cancer screening. While in recent years, there has been some confusion about breast cancer screening, if you have a family history of breast cancer, it is never too early to talk to your doctor about how to approach your preventative care. All women age 40 or over should talk with a doctor experienced in breast health about when to begin screening mammograms and how often to have them. When it comes to what is best for your breasts, self exam, knowing your own breasts and what feels normal, is a low-tech, low-cost measure.

In January 2009, I found a lump in my breast that I knew immediately was not normal. A

coworker's diagnosis of breast cancer had prompted me to have an overdue mammogram seven months before I found the lump, and that mammogram was perfectly normal. The mammogram after I found the lump showed the difference, a glowing spot that led the radiologist to say he would be "very concerned." The biopsy of the lump confirmed the concern.

Now three years later and cancer free, I can tell you that if I did not find that lump, if I waited two years for my next mammogram, my outcome would very likely have been different.

I share my experience in breast cancer awareness month, not because the experience defines me, but because I know how easy it is to put off a mammogram, how easy it is to miss months of self-checks, and because I know, early detection in breast cancer really can save lives.

THE SUCCESS of the breast cancer awareness movement has resulted in more than \$630 million annually in spending on research. It is not too much.

But at Connection Newspapers, we have two other employees who are in ongoing treatment for cancer. Kenny Lourie, who has stage 4 lung cancer, writes a weekly column that appears in most of our papers that discusses his more than three-year journey with candor and humor. Jean Card was diagnosed with Acute Promyelocytic Leukemia in early 2011 and has also written about her experience as she raises money for leukemia research and outreach. Visit www.LighttheNight.org and search APL Dumpling Gang.

Lung cancer kills more people in the United States every year than any other kind of can-

cer, in fact more than the other top cancers combined. In 2008, more than 208,000 people were diagnosed with lung cancer and more than 158,500 died of lung cancer. This is more than the deaths from breast, prostate and colon cancer combined. Spending on lung cancer research? Less than half spent on breast cancer, about \$280 million annually. As Lourie wryly points out, part of the problem may be that you can't turn out tens of thousands of lung cancer survivors for a march because, well, there are very few survivors over time.

Prostate cancer has more new cases per year and about the same death rate as breast cancer, but half the funding.

In 2012, there were an estimated 47,150 new cases of leukemia with 23,540 deaths, more than half the number of annual breast cancer deaths. But funding for leukemia research lags behind.

Nothing should be taken away from the efforts of breast health advocates. But clearly more effort is needed in other areas.

SPEAKING OF HEALTH RISKS, on average more than 20,000 people a year in the United States die from the flu. The numbers vary from year to year, with as many as 50,000 deaths in some years, and some studies showing the average number of deaths to be more than 35,000. The influenza vaccine is a cheap and effective method of preventing or reducing the impact of the flu.

Remember that no matter what health plan you have, there is just one person in charge of your health care: you.

— Mary Kimm,

mkimm@connectionnewspapers.com

Letter

Harmful Dispute

To the Editor:

I am a supporter of MSI and have been for many years as both of my children played in MSI. However, the development of fields at Nick's Farm is a bad move, especially given there are plenty of soccer fields around that could be upgraded in concert with the county.

Please don't let a dispute with the Soccerplex end up destroying a national resource. It is creating nothing but ill-will.

Mark Traversa
Potomac

Write

The Almanac welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:
Letters to the Editor

The Potomac Almanac • 1606 King St.
Alexandria VA 22314 • Call: 703-917-6444.
Email almanac@connectionnewspapers.com



Tournament To Benefit St. Raphael

The 4th Annual St. Raphael Golf Classic will take place Monday, Oct. 22 at Manor Country Club. There will be a golf tournament hosted by PGA tour caddie Mike "Fluff" Cowan and a dinner reception. For more information and to register go to <http://straphaelgolf.golfreg.com/>

POTOMAC ALMANAC

www.PotomacAlmanac.com

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PUBLISHER

Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

EDITORIAL

PHONE: 703-821-5050
E-MAIL:
almanac@connectionnewspapers.com

EDITOR

Steven Mauren, 703-778-9415
smauren@connectionnewspapers.com

SPORTS EDITOR

Jon Roetman,
703-224-3015
jroetman@connectionnewspapers.com
@jonroetman

CONTRIBUTING WRITERS

Cissy Finley Grant, Carole Dell,
Kenny Lourie, Ken Moore,
Susan Belford, Colleen Healy

Contributing Photographers

Harvey Levine, Deborah Stevens

Art/Design:

Laurence Foong, John Heinly
Production Manager
Jean Card
Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

ADVERTISING

For advertising information e-mail:
sales@connectionnewspapers.com

ACCOUNT EXECUTIVES

Display Advertising:
Kenny Lourie 703-778-9425
klourie@connectionnewspapers.com

Andrea Smith 703-778-9411

Classified Advertising
asmith@connectionnewspapers.com

Debbie Funk

National Sales & real Estate
703-778-9444
debfunk@connectionnewspapers.com

Jerry Vernon

Executive Vice President
jvernon@connectionnewspapers.com

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Zone 4: Centre View North
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"Subjectively Speaking"



By **KENNETH B. LOURIE**

In my opinion. It's what I think. It's what I feel. It's what I think I feel. It may not be something I know, but it's certainly something that I hope I know. And if it's not exactly something that I know, then I hope it's something I believe. Because, if I don't believe it, hoping might not be enough. And if hoping is not enough, and I don't believe, then what I think I feel is simply mind over matter. Yet for all I know (not much really), my mind might matter more than any other weapon I have - real or imagined, in this battle, hopefully not 'til the death, against the stage IV NSCLC that has taken up residence in my body.

However, it's not as if I don't listen to what my oncologist says/has said. In fact, I take pride in my listening and observational skills, so I think I have paid particular attention throughout this entire process. (After all, my life was/is semi-at-stake here.) Now whether I actually heard/assimilated everything that was said to me by my oncologist is likely another issue/column entirely. Moreover, as much as I know how to focus on what the doctor is saying and to listen carefully in order to ask intelligent and potentially life-saving (at least life-sustaining) questions, later, when my wife and I are home reviewing what the doctor had said only a few hours before, invariably we have different impressions, different interpretations and overall different recollections. Unfortunately, there's no one really for us to call (who's available) to review and clarify questions and/or answers that a few hours later are amazingly less clear than they were when we initially heard them. The reality is, there are no do-overs.

As a result, it becomes impossible (nearly impossible) for the patient (this patient, anyway) to be objective about these kinds of life-and-death meetings/discussions, so what words come out, after internalizing everything you've seen and heard is, "subjectively speaking." Somewhere between your best "recollection," your best guess and your likely most positive spin on a set of facts and/or circumstances which might take a bit of getting used to, or at least, making sense of. And that's how life goes on: from one unforgettable (you know what I mean; not literally, but you sort of forget some of what you hear), potentially life-ending set of doctor-speak to the next round of scans, always to be coordinated with your oncologist-ordered lab work, followed up by yet another appointment/exam with the oncologist, the combination and interpretation of each will ultimately tell the tale: good, bad or indifferent.

"Good" and "bad" speak for themselves. "Indifferent" however, is another discussion altogether. Looking for the positive, minimizing the negative; this conversation turns grasping at straws into a literal event. You believe what you want and discount what you must, anything to induce yourself into believing that tomorrow is, as Scarlett O'Hara made famous at the end of "Gone With The Wind," "another day." One filled with hope and optimism, and one worth living, preferably without cancer. But being realistic - and occasionally honest - with yourself, the cancer is likely not disappearing anytime soon. Shrinkage (of the tumors) would be ideal, of course. But you can live with no growth, too. And as I have come to understand - and appreciate: "stable" is a pretty spectacular word, (my new favorite word, actually). In fact, I can live with "stable." But that's just my opinion, unrealistic though it may be.

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



Patrick O'Hare holds Ollie, a 3 1/2 year old Cavalier King Charles Spaniel who is blessed by the Rev. Dr. Carol Flett, retired.



Music is supplied by Michael Brown, the Rev. Cynthia O. Baskin, and Bill Wallace.

Blessing of the Animals



The Rev. Cynthia O. Baskin blesses Ginger, a 6-year-old Cavalier King Charles Spaniel held by her owner, Len Whistler.

St. James' Episcopal Church held its Blessing of the Animals on the front steps of the church on Saturday, Oct. 7

Photos by Harvey Levine/The Almanac



Luke, a 9-year-old English Setter, waits his turn to be blessed.



Dr. John Eisold gives the Meditation.

Bulletin Board

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon.

SUNDAY/OCT. 14

50+ Expo. noon-4 p.m. The Beacon will be hosting 50+ Expo and Prevention of Blindness Society of Metropolitan Washington (POB) will be on site to perform glaucoma screenings. Free and open to the public. White Flint Mall

Free Dog Workshop. 1:30-3:30 p.m. St. Luke's Episcopal Church, 6030 Grosvenor Ln. Dog trainer Jennifer Lund will talk about strategies to deal with dog problems. Please leave dog at home. To register, go to www.yourdogsfriend.info or call 301-983-5913.

MONDAY/OCT. 15

Job Search Program. The Career Gateway, Jewish Council for the Aging's job search training program, kicks off its next session. Featuring small classes, individualized attention, 30 hours of instruction over five class days, and long-term mentors, The Career Gateway is open to job seekers age 50 and over who want to turbo-charge their resumes, hone their interviewing skills, network more effectively, discover the

hidden job market, and develop personal job search plans. Classes are held at the Ann L. Bronfman Center, 12320 Parklawn Dr. November classes also are open for registration. Call 301-255-4200 or visit www.AccessJCA.org.

"Understanding the Older Eye." 1:15 p.m. - 2:30 p.m. Join guest speaker Aisha A. Macedo, M.D., ophthalmologist to discuss how the eyes change as one ages. Holiday Park Senior Center, 3950 Ferrara Dr. Metro bus accessible and free parking. Call 240-777-4449 or 202-234-1010.

OCT. 16-18

Hebrew Parent and Child Class. The class meets every Tuesday at 10 a.m. Cost: Members \$150, Non-Members \$180. For ages 12-24 months. Enjoy the Hebrew language through stories, rhymes, songs, finger play and much more with an Israeli preschool teacher. Call 717-842-0918.

SATURDAY/OCT. 20

Free Remodeling Seminar. 10 a.m.-2 p.m. Hopkins & Porter, Inc. will be offering "How to Fall in Love with Your Home Again", a free design and remodeling seminar that will include a complimentary lunch with opportunity to discuss one's own project with professional staff. Space is limited to 15 participants per session.

RSVPs are required. Call 301-840-9121, #17 or email Debbie@hopkinsandporter.com to reserve a space. The seminar will take place at the offices of Hopkins & Porter, 12944-C Travilah Rd., #204.

Pet Connect Rescue Adoption Cat Event. 11 a.m. - 2 p.m. BARK! (Congressional Plaza), 1643 Rockville Pike. Visit www.petconnectrescue.org

Free Workshop: Nutrition for Pet. 1:30-3:30 p.m. Learn about basics of feeding pet and discuss the nutritional needs of pets at different ages and stages of health and safety issues to keep in mind when choosing pet's food and treats. Leave pets at home. At Chevy Chase Library located at 8005 Connecticut Ave. To register, visit www.yourdogsfriend.info or call 301-983-5913.

TUESDAY/OCT. 23

Open Meeting of the Potomac Village Garden Club. 7:30 p.m. Get suggestions from the State Division of Natural Resources George Timko who has worked on the deer project for 20 years. Saint Francis Episcopal Church River Road in Potomac Village across from the Safeway. There will be a social time after the presentation with refreshments to allow time for organizing and seeing what is working in the garden club gardens.

Executive Functioning Skills Lecture by Dr.

Patrick Savage. 7-9 p.m. Local expert speaks about behavior, emotions, learning and parenting. Our Lady of Mercy School, 9222 Kentsdale Dr. \$10 at door, refreshments are provided. RSVP to schooloffice@olom.org

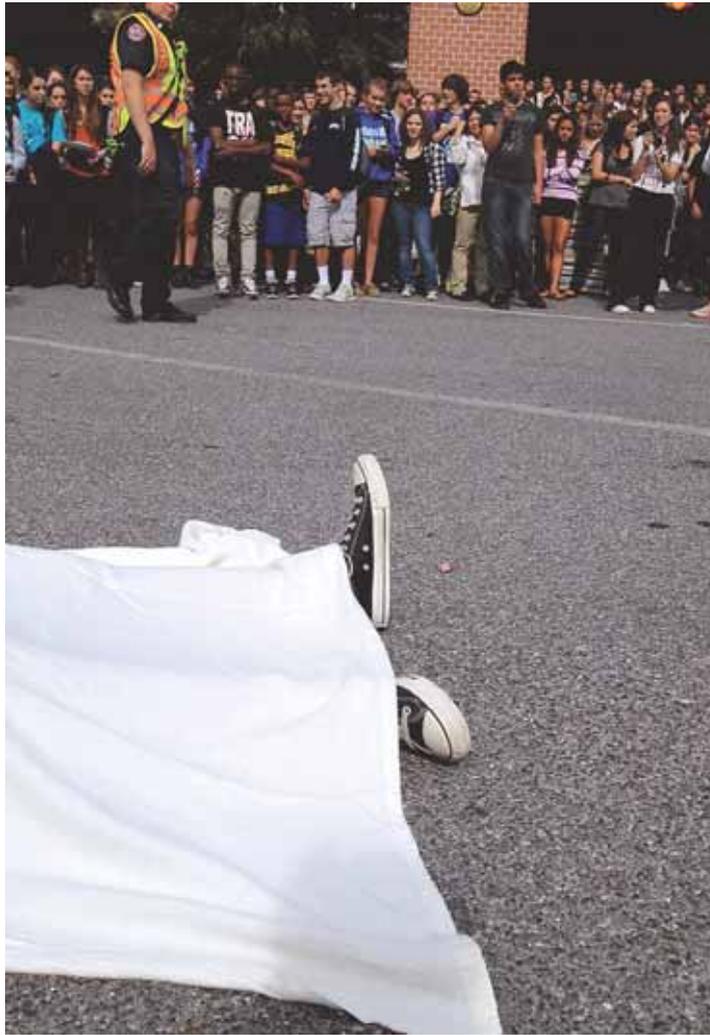
WEDNESDAY/OCT. 24

Har Shalom Open House for the 2013-2014 School Year. 10 a.m.-noon. Half Day and Full day options available. Tour the building, observe preschool classes in progress and meet Rabbi Raskin, the ECEC Staff and Current ECEC Parents. Call 310-299-7087.

Parenting Discussion. 7:30-9:30 p.m. "Building Resilience: How to Raise Successful Children and Adolescents" by renowned pediatrician and best-selling author Dr. Kenneth Ginsburg at the Bullis School, 10601 Falls Rd. Tickets available through the Parent Encouragement Program at 301-929-8824 or online at www.PEPparent.org.

SATURDAY/NOV. 3

Pet Connect Rescue Cat Adoption Event. 11 a.m. - 2 p.m. White Flint Plaza PetSmart, 5154 Nicholson Ln. Visit www.petconnectrescue.org



“We don’t have the grim reaper standing over the crash scene, but what you saw is exactly what we do and we run those calls every week,” said Jim Vagonis, first deputy chief of the Rockville Volunteer Fire Department. “When you drink and drive there are no free passes.”

Parents and students, with support from local police, Rockville fire and rescue personnel and Shady Grove Adventist Hospital, gave the two-day program to the Churchill student body to ponder distracted driving, which includes texting and driving as well as driving impaired. “We have to think about it,” said Dr. Joan Benz, principal of Churchill High School. “If parents don’t know what’s going on, they are living in a fantasy world.”

Mock Tragedy or Sober Truth?

From Page 3

idents.

“Stand up and recognize when you need to get involved,” he said. “You know what your friends are and what they are capable of. You need to be thinking just like chess, seven steps ahead of where you are.”

He urged students to role play with parents, to develop code language with parents when they need a ride, to figure out how to say no without feeling bad, to be ready to change situations that could put themselves or their friends at risk.

“Let’s be candid here, you know a lot more than what you tell your parents,” he said.

“We’re not naïve about this, you may need to get away from a situation in which you are not comfortable. You’ve got personal decisions to make,” McCarthy said.

“Stand up and be bold and save somebody’s life,” Chaikin said.

THE DAY BEFORE at Churchill, a “grim reaper” pulled a student from class every 15 minutes to demonstrate a “symbolic death.” The student wasn’t permitted to speak the rest of the day and a police of-

ficer read the student’s obituary, words that students wrote to their parents to say what they never got the chance to say.

“Dear Mom and Dad,” wrote Shira Rodman, as one example. “I never got the chance to tell you how much I love you guys. ...

“From day one, you have warned me about the dangers of driving under the influence or getting into a car where the driver was impaired. You have told me countless times that no matter what condition I was in or how late it was to call you if I knew I could not get home safely.

“I should have listened. ...

“Please tell Coby that I love him and am sorry that I made a decision that changed our lives forever.”

Carly Raizon was the teenager in front of the school driven to Shady Grove Adventist Hospital in a theatrical attempt to save her life. “It had a big impact on me. Seeing my brother and father was intense. Seeing his emotion, even if it was fake, was difficult.”

“I hope people take this to heart, that this could happen to anyone of us,” said Rodman.

Amy Kossoff Smith, co-chair of the Every

15 Minutes Committee, has felt strongly about communicating the importance of safe driving since she was a student at Churchill who started a “Friends Don’t Let Friends Drive Drunk” ad campaign in The Observer before her graduation in 1985.

Now, she is a Churchill parent with three children, one who will be driving “in a matter of months,” she said.

“I see how fast-paced their lives are, thanks — or no thanks — to technology. So getting a message like this across to teens is a challenge to say the least,” said Smith. “This program did have some ‘shock and awe’ associated, but I think it was an incredibly powerful way to communicate the message in a way that would be memorable.”

Mayhew, the former Wootton student, remembers hearing the bars close in jail the first time. “It’s unforgettable,” he said. “You think that life is over.”

He now gives talks around the county with Chaikin to educate high school students.

“It’s amazing how quickly you can make a decision and how quickly that decision can turn into a tragedy,” he said.

Student Volunteers

- Lindsey Abrams
- Michelle Ahn
- Brianna Burke
- Robert Chang
- Chelsea Finfer
- Danielle Fisher
- Andrew Fordyce
- Orr Genish
- Rachel Glick
- Jillian Goss Holmes
- Ben Harris
- Christina Lee
- Jessica Lee
- Morgen Lewis
- Chrissy Lorica
- Julia Miller
- Amber Moore
- Tali Preuss
- Carly Raizon
- Zach Raizon
- Andres Roa
- Shira Rodman
- Guransh Singh
- Jonathan Sosner
- Danny Welch
- Dara Winter
- Skylar Whitman
- Michelle Zimmerman

Parent Volunteers

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- Amy Smith

Subcommittee Chairs

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- Barbara Lieber
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- Denise Schleckser
- Marlo Sims
- Julie Weinberg
- Kathi Whitman
- Taryn Zimmerman

Wootton's Hoy Scores 2 Goals in Win Against Whitman

Patriots edge Vikings in overtime.

By Ben Fox
For The Almanac

In spite of freezing temperatures and rain that drenched the field minutes before the game's start, the Wootton boys' soccer team defeated Whitman, 2-1, on Oct. 8 in overtime at Wootton High School.

In a game marked by intense and physical play, the Patriots left victorious due to two goals by senior Matt Hoy.

Both teams came into the game with impressive records that only added to the importance of the match, with 7-1 for the Whitman Vikings and 9-1-1 for the Wootton Patriots.

According to Wootton head coach Doug Schuessler, despite the importance of the match, neither Whitman nor Wootton had the time to get ready for their opponents.

"Neither team really had an opportunity to prepare for the other," said Schuessler. "We both had played against tough opponents during the last week, and both coaches decided to give the boys a break over the weekend."

According to Schuessler, the lack of preparation may have been a cause of the Patriots' somewhat sloppy performance throughout the game.

"We really came out flat," Schuessler said. "I haven't seen us give the ball away as frequently as we did tonight."

See Patriots, Page 19



Wootton senior captain Matt Hoy scored two goals in a victory against Whitman on Oct. 8.



Whitman's Spencer Meschter scored a goal during a loss to Wootton on Oct. 8.

Photos by Harvey Levine/The Almanac

Bullis Football Beats McNamara, Improves to 5-0

Bulldogs to face 5-1 St. Stephen's & St. Agnes Saturday.

By David Harrison
For The Almanac

On Oct. 5, Bullis School's homecoming football game between the Bullis Bulldogs and the Bishop McNamara Mustangs proved to be a heavyweight matchup between two of the area's better teams. After a close first half that ended with the Bulldogs leading 6-3, Bullis eventually pulled away to a 26-3 win.

Fueled by fumbles on both sides early, the game remained scoreless until late in the second quarter. McNamara then opened up the scoring with 3:30 to go with a short field goal for the 3-0 lead. However, after furiously running the ball early, Bullis head coach Pat Ciento opened up the passing game. Bullis immediately responded with a 21-yard touchdown from senior Danny Copeland to junior Kyven Jones. After a missed extra point, the Bulldogs took a 6-3 lead into the second half. While the first half

remained close, the second half was a completely different story. On the first play of the third quarter, Bullis junior Jindu Chiazor returned another McNamara fumble to the Mustangs' 1-yard line. Copeland would sneak into the end zone one play later and put the Bulldogs up, 12-3. On their next possession, the Bulldogs quickly marched into the end zone after Jones scored his second touchdown of the game on a 23-yard pass from Copeland. Later in the fourth quarter, Copeland found junior Noah Spriggs for his third touchdown pass of the day. However, it was Jones's five-catch 77-yard performances that led all receivers on the night. This was Bullis School's third straight homecoming victory, which snapped a prior streak of five straight homecoming losses to the team from Falls Road. The streak is part of the turnaround to Bullis' football program, which has gone 14-1 in its last 15 games. To add to their success, Bullis has outscored opponents 186-



The Bullis football team defeated Bishop McNamara, 26-3, on Oct. 5.

39 in their first games this year. The 5-0 Bulldogs will go on to play the 5-1 St. Stephen's & St. Agnes Saints at 2 p.m. on Saturday, Oct. 13 in Alexandria.

"The season has started off great," said senior Jonathan Dyer. "However, we know that the tough games are just beginning. We can't wait to get into conference play."

Photo by Nadia Fallahi

Sports

Patriots Edge Vikings in Overtime

From Page 18

Despite constant turnovers and heavy pressure from the Whitman offense, the Patriots came into the second half with a 1-0 lead due to a goal midway through the first half by senior team captain Hoy.

"[Wootton senior] Spiros [Tsakos] brought the ball up, and he is someone who I've been playing with since we were in fifth grade," Hoy said. "I just put my hand up and signaled to him, and he knew that I had an open shot."

The Patriots' lead would not last long, as Vikings senior Spencer Meschter scored to tie Wootton.

The second half was marked by tough, physical play by both teams. There were multiple injuries that caused stoppage of play.

Whitman junior Edward Smith exemplified the intensity of both sides when he elbowed Hoy in the face during a struggle for the ball. Smith was given a red card after the elbow and was forced to leave the game.

"I've played against [Smith] in the past," Hoy said. "We both are very rough players, and we sort of rubbed up against each other while fighting for the ball. I don't think he meant any malice in it, but it did seem like he was trying to collide with me."

The hit to the face did not stop Hoy, who stayed in the game and ended up scoring the final goal in overtime to give Wootton the win.

"It's a good feeling," Hoy said of his game-winning goal. "We had been working so hard for it all game, and I knew that I just needed to put power on the shot to get it past their goalie."

According to Coach Schuessler, his team's winning play was a mix of the luck of the bounce and the skill of his players.

"It was a good hustle effort," Schuessler said. "When you get into a scramble in front of the net, you hope that the ball will bounce to one of your players, and luckily for us it went to Matt Hoy."

School Notes

Email announcements to almanac@connectionnewspapers.com. Deadline is Thursday at noon. Photos are welcome.

Our Lady of Mercy School Open House (K-8): 8:30 -10:30 a.m., Thursday, Oct. 11, 9222 Kentsdale Dr. Call 301-365-4477

The following students are semifinalists in the 2013 National Merit Scholarship Program Steps in the 2013 Competition.

WALT WHITMAN H.S.: Rachel A. Arnesen, Marit S. Bjornlund, Benjamin A. Bouvier, Ryan C. Brand, Jana L. Butman, Allegra C. Caldera, Madeline M. Carrington, Sara J. Chadwick, Xian H.

Chang, Laura D. Elmendorf, Alison M. Foreman, David C. Goldman, Michelle R. Isaacs, Lucas Karron, William T. Knox, Pia Kochar, Hanna X. Lee, Samuel Pearl-Schwartz, Emily Rogers, Jacob M. Rosenblum, Brandon T. Shapiro, Rhiannon M. Smith, Sofia Z. Todd, John F. Williams and Kevin You.

WINSTON CHURCHILL H.S.: Catherine M. Conway, Christopher Gauch, Andrew P. Haskins, Colin J. Kincaid, Jessica C. Lee, Felix Li, Nikita Markovych, Neil G. Shekar, Maevie K. Tobin, Sara Y. Wang and Alyssa K. Weiss.

HEIGHTS SCHOOL: David E. Krohn.

THOMAS SPRIGG WOOTTON

H.S.: Amal O. Dadi, Austin Feng, Souvik Ghosh, Michelle A. He, Christina I. Hwang, Chong Li, Sophie M. Li, Kathleen Lu, Yanhong Lu, Cara T. Lwin, Susan J. McGrattan, Yini Qi, Heidi J. Shiao and Eric C. Yi.

Jamil Abdur-Raof was among the 13 men who graduated following the summer term at the end of the 237th academic year at Hampden-Sydney College.

Abdur-Raof graduated with a B.A. in psychology.

A graduate of Thomas S. Wootton High School, he is the son of Ms. Jill Jackson of Rockville and Mr. Aziz Abdur-Raof of Laurel.

www.strathmore.org.

Lecture Series. 11:30 a.m. Donna Britt, a "Washington Post" columnist and Pulitzer Prize-nominated author, will kick off the Friends of the Library, Montgomery County's annual Literary Luncheon Lecture Series at Strathmore Mansion, 10701 Rockville Pike. Book signing and luncheon follow at 12:30 p.m. Books will be available for purchase. Tickets range from \$10 to \$21. Call 240-777-0020 or visit www.flmc.org.

THROUGH OCT. 18

Musical. P. Nokio: A Hip-Hop Musical runs in Imagination Stage's Annette M. and Theodore N. Lerner Family Theatre, 4908 Auburn Ave., Bethesda. Appropriate for ages 5-12, tickets are \$12-\$25, at www.imaginationstage.org, or at the Imagination Stage box office, or via phone at 301-280-1660.

FRIDAY/OCT. 19

A State of The Union Conversation: Fran Lebowitz and Frank Rich. 8 p.m. Music Center at Strathmore, 5301 Tuckerman Ln. Tickets \$45-\$70. Cultural satirist Fran Lebowitz and writer Frank Rich engage in an onstage conversation centered around current themes as the presidential election race roars on, discussion of what is at stake, timely issues and more. Call 301-581-5100 or visit www.strathmore.org.

SATURDAY/OCT. 20

Potomac Day with the Kaydee Puppets. 2:30 p.m. Participate in this interactive, current retelling double-feature of "Jack and the

Beanstalk" and "The Three Billy Goats Gruff." For children age 3 and up and their families. No registration required but seating is limited.

Free Community Events on Potomac Day. 11 a.m.-3 p.m. Pumpkin decorating and life sized-scarecrow making; interactive activities and games for kids; moonbounces, face painting and balloon twister; band, sidewalk sales and food giveaways. And first 100 flu shots are free at Rite Aid. At Potomac Place Shopping Center located at the intersection of Falls and River roads.

Free Workshop: Learning about Your New Dog. Your Dog's Friend Training Center, 12221 Parklawn Drive, 11:45 a.m. to 1:15 p.m.

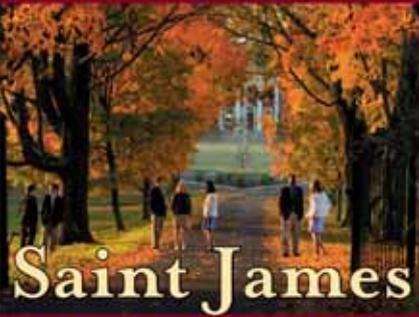
Trainer will discuss common issues new dog adopters face. Leave your dog at home. Register at 301-983-5913 or www.yourdogsfriend.info.

Ukulele Orchestra of Great Britain. 2 p.m. Music Center at Strathmore, 5301 Tuckerman Lane. Tickets \$18-\$48. Concert-goers can bring a uke and join a strum-along with the artists during the concert. Call 301-581-5100 or visit www.strathmore.org.

Jazz Vocal Intensive: Scat Singing 101. 10 a.m.-3 p.m. Join an exploration of the improvisational technique known as scatting. For adults. The Mansion at Strathmore, 10701 Rockville Pike. Call 301-581-5200 or visit www.strathmore.org.

BSO: Tchaikovsky's Fourth Symphony. 8 p.m. This concert will run approximately 120 minutes with intermission. The Music Center at Strathmore, 5301 Tuckerman Lane. Call 301-581-5200 or visit www.strathmore.org.

autumn
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Saturday, October 27



For more information, please contact the Admission Office at 301-733-9330



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www.stjames.edu

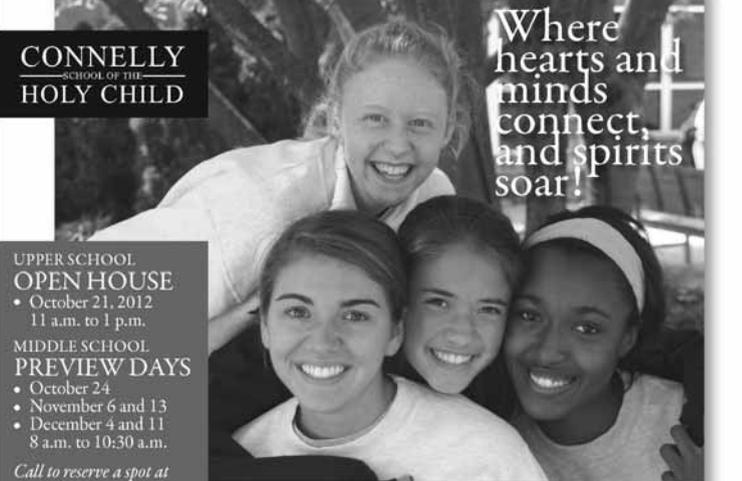
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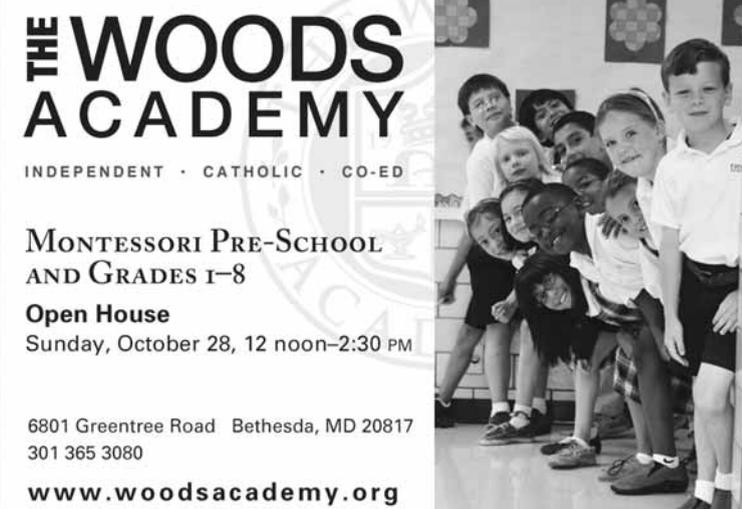
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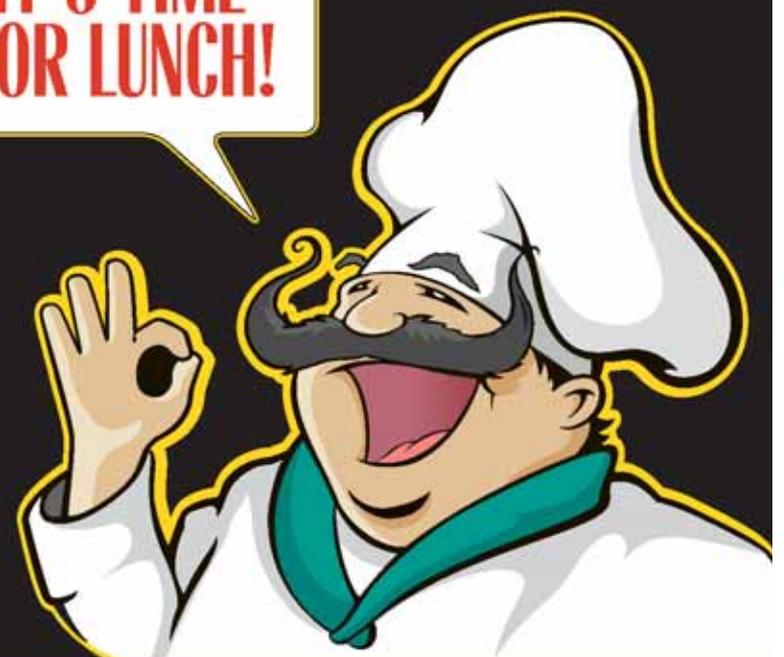
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