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PHOTO BY DEBORAH STEVENS/THE ALMANAC

International Walk To School Day

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Inside the Firehouse

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'Shop for a Cause'

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Designer of Terror

HOME LIFESTYLE, PAGE 7

County and school officials followed school safety patrol students walking from Cabin John Middle School to Bells Mill Elementary School as part of International Walk to School Day on Wednesday, Oct. 7.

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THE PLAINS, VA - - Cloverland Farm is truly a masterpiece of fine country living. Stone home constructed of the highest quality, designed by architect William Lawrence Bottomley in 1932 and built by locally known builder William Hanback. Grand foyer, stately rooms, mahogany library, conservatory, chefs kitchen, indoor pool, tennis court, magnificent views. \$6,500,000
Peter Pejasevich 540-270-3835 • Scott Buzzelli 540-454-1399



OLIVER ST, PAEONIAN SPRINGS, VA - Attention Contractors 1/4 acre lot with house. Property has electric, heat but needs well, septic and plumbing and has no bathrooms. Last house in neighborhood sold for \$328,000 as-is. Owner financing & ask for zero downpayment while builder/purchaser restores house. Additional lots available. \$190,000
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NEWS



PHOTO BY DEBORAH STEVENS/THE ALMANAC

International Walk to School Day

County and school officials celebrated International Walk To School Day at Bells Mill Elementary School on Wednesday, Oct. 7. From left are Maya Mohamed, Sparky, Montgomery County Fire and Rescue Division Chief Diane Zuspín, Principal of Bells Mill Elementary School Jerri Oglesby, Sonia Owens, Interim School Superintendent Larry Bowers, Assistant Chief Betsy Davis, Capt. Tom Didone, Cristian Gonzalez Fuentes, and Joe Beddick, AAA representative for Safety and Education. Walk to School Day promotes walking and bicycling to school along safer routes. Sponsors of this year's event at Bells Mill Elementary School include Safe Kids Montgomery County, AAA Mid-Atlantic's Foundation for Safety and Education, Federal Express, Montgomery County Department of Transportation, Montgomery County Fire and Rescue Service, Montgomery County Police, Maryland Safe Routes Network, and the Maryland State Highway Administration.

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*For veal parmigiana or tuna steak add one dollar.

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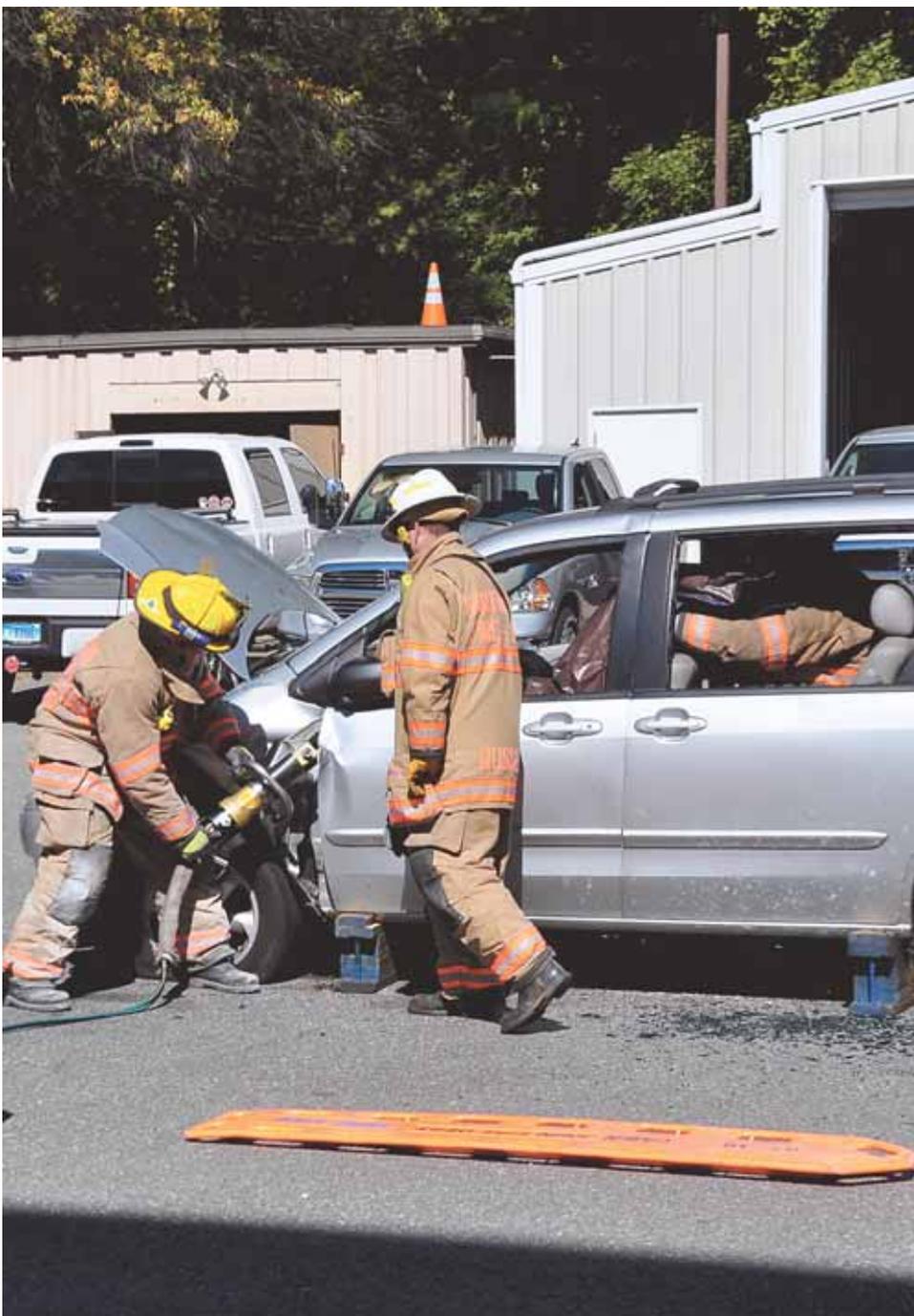
Firefighters Lukas Bastien and Greg Bastien extinguish a stove fire.



With some help, a youngster at Cabin John Park Volunteer Fire Department's open house directs a fire hose.

Inside the Firehouse

The open house on Sunday, Oct. 11 at Cabin John Park Volunteer Fire Department offered a variety of activities for visitors including a moon bounce, a petting zoo provided by Squeals on Wheels, rescue demonstrations, fire hose experience, and a number of fire prevention activities. Refreshments were also served throughout the day.



Firefighters demonstrate the Jaws of Life at Cabin John Park Volunteer Fire Department's open house on Sunday, Oct. 11.



Squeals on Wheels: Jill Phillips with Magpie, a rare Crested Miniature Call Duck.

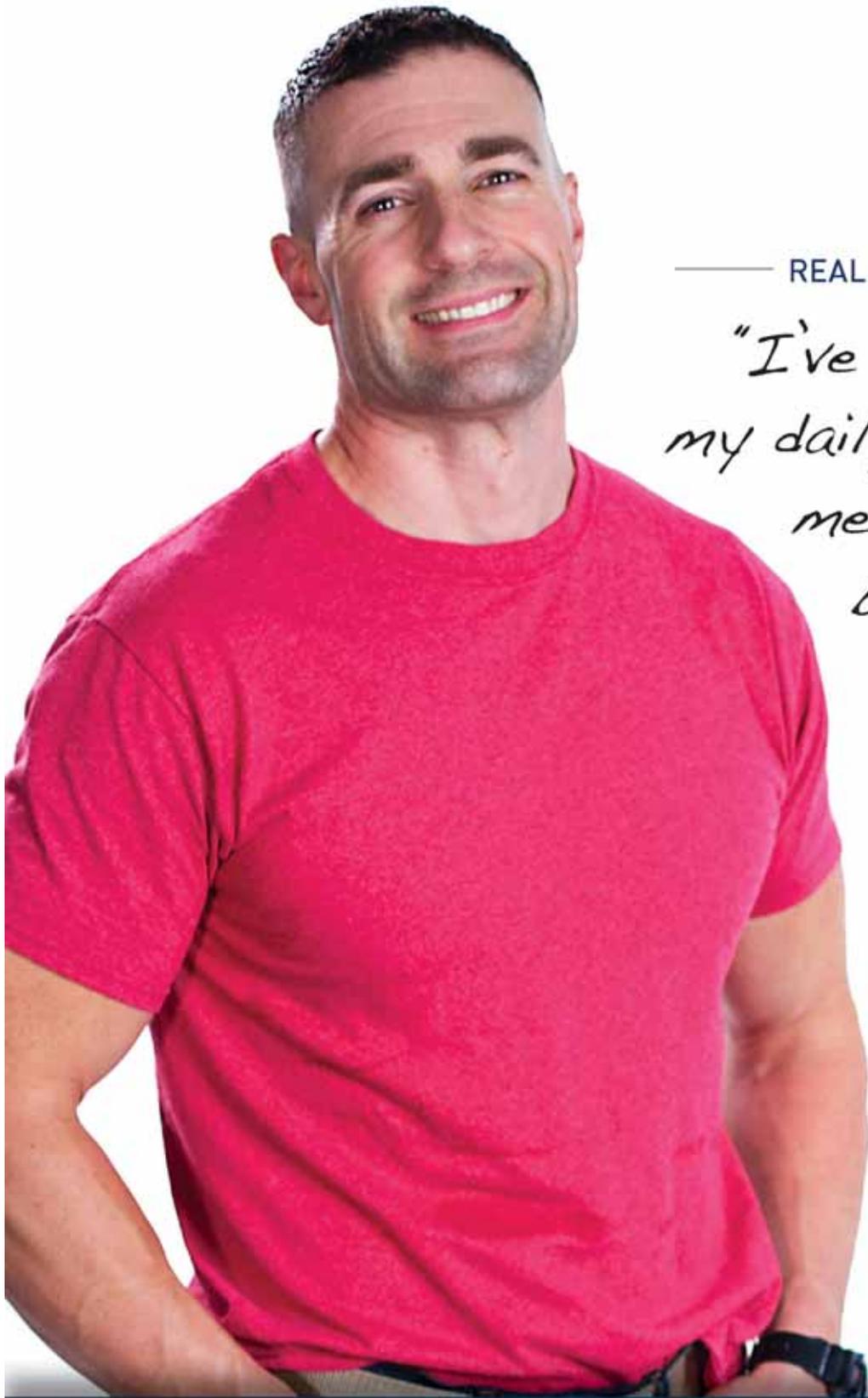


Landon, Ella, and Jocelyn Lee inside a firetruck.

Briana Hickey, Leah Schuman, and Ava Otto with tea cup pigs from Squeals on Wheels.

PHOTOS BY
DEBORAH STEVENS
THE ALMANAC





— REAL STORIES FROM THE EXPRESS LANES —

"I've shaved an hour off my daily commute. It's made me a better dad and a better husband."

- Donald B.
Stafford, VA

Public school teacher Donald lives in Stafford and works in Falls Church. Before the Express Lanes, he says his commute was stressful and unpredictable. When Donald would slug on the HOV lanes, sometimes it took him an hour to get work. He was always rushing and often resorted to fast food. Since the Lanes opened on 95, he still slugs or carpools to work, but now he can eat breakfast and dinner with his family and is able to spend more time with those he loves. He no longer misses important events and says his personal relationships have significantly improved.

See more real stories from the Lanes at ExpressLanes.com



Donald's story was one of our winning entries in our "Express Lanes Love Story" promotion.

AppCoach Guides Students

Laura Levitt inspires self-understanding for college essays.

BY SUSAN BELFORD
THE ALMANAC



ter the initial meeting, we work by phone, email, text and with Google Docs so we can edit, refine, and edit some more. We seldom meet again in person, which is convenient for the kids, and by keeping myself at a distance I can be the stand-in for that unknown

admissions person who is going to read their essays. Their first drafts are usually soft and overblown. I want them to find their own voice and develop their story so admissions officers want to know them better — and to admit them to their student body because they bring diverse thinking to their school. Then, the kids finish out their senior year with the skills they've learned working with me, and they go off to college with a more mature approach to their writing. It's a tremendous advantage."

Levitt has served as a college application writing coach for 13 years. She typically works with five high school students at a time; some are local, while others are out of state and have never met her. She also works with graduate students seeking admittance to business, medical, law, dental, occupational therapy, physical therapy, speech, organizational psychology programs and more. "I help students apply to a whole gamut of schools," she said, "and what's been really gratifying in recent years is having former high school clients return to me for their grad school or fellowship applications."

Levitt tells of working with a young woman wanting to major in nutrition. She had traveled to Cuba and, in her college essay's first draft, ranted about Cuba, its politics and the deficient diet of its citizens. Levitt asked to see photos of her trip and together they studied them. The student had not realized that her pictures focused primarily on Cuban kitchens, the paltry amount of supplies, antiquated equipment and lack of

nutrition. Levitt said, "Those visuals were compelling and became her 'way in' to her essay's new theme. We discussed her feelings about the kitchens and I got her to imagine herself living in that environment." Levitt also had her meet with a World Health Organization specialist in nutrition whose interest area was Cuba. Instead of a political statement, she wrote her essay so a university would better understand her zeal for seeking solutions to nutritional deficiencies around the world.

Levitt also discussed a young woman who flew to a journalism conference before her senior year in high school. Instead of advising the student to write about the conference, she asked her to consider how she felt while on the plane, and meeting so many youths from around the U.S. The student then wrote about "the girl in seat 22C and her opportunity to reinvent herself at the conference. The piece had an unusual point of view and beautifully showcased the applicant's personality." - "If I didn't forbid my students to use the word 'passion,'" said Levitt, "I would say that working with them is my passion. I love it. It's creative and energizing. I have been fortunate to have a 100 percent success rate, so these days I tell the kids — Don't be the one who breaks this streak."

For more information about "Appcoach," email Levitt at laura.appcoach@gmail.com. She can also be reached at 301-537-9876.

"I want them to find their own voice and develop their story so admissions officers want to know them better."

— Laura Levitt

Applying to college can be a daunting process for high school students. First they must select challenging courses each year and earn the best grades they possibly can. They prepare for the SAT and/or ACT, often taking prep courses or hiring private tutors. While students are working to achieve success in the classroom, they are also supposed to participate in extra-curricular activities, student service learning and meaningful internships that define their career goals or personality.

During their junior year of high school, they should be exploring colleges and selecting their dream (or reach), match and safety schools. The summer prior to senior year, they gather applications and find the time to start writing those essays required for most college applications. Many families employ independent college counselors to help with the selection and application process. The local high schools, both public and private, also have college counseling services in their guidance departments.

Potomac's Laura Levitt has carved out a support niche. Known as "AppCoach," she inspires students to better understand themselves in order to write their strongest essay. Levitt doesn't ask a student's test scores or GPA, not wanting to make assumptions about their abilities. She concentrates on brainstorming, pushing hard, teaching students to edit and fact-check. She persuades her students to analyze who they are and encourages them to consider their skill-sets and personalities.

"Every student has a compelling story to relate to admissions counselors; they just don't know what it is yet. And they don't fully grasp how they are viewed by others, especially people they don't know. The power of what one writes often becomes the determining factor in whether he or she is accepted into their college of choice," said Levitt.

Some of the essay prompts on the Common Application for 2015-2016 are: "Option #1: Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story. Option #2: The lessons we take from failure can be fundamental to later success. Recount an incident or time when you experienced failure. How did it affect you, and what did you learn from the experience? Option #3: Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?"

Levitt said, "It is best if a student comes to me at the beginning of their junior year to begin the process." She holds a kick-off meeting to meet the student and parents and to discuss expectations and procedures. "I'm tough," she said, "And I let them know up front how demanding I am. I ask for their buy-in to my process and for their commitment to work diligently on their essays, to spend the time needed to make them meaningful and creative. Af-

WWW.CONNECTIONNEWSPAPERS.COM

Top Bathroom Remodeling Trends



Whether remodeling a whole house, or just a room or two, a bathroom renovation is sure to be in the mix. So what are some of the popular trends in bathroom design that we are seeing today?

Nickel Fixtures: This sleek metal suits many types of fixtures, from faucets to sconces. Available in brushed-satin, matte, and pearl finishes it matches a variety of settings, including marble and stainless steel.

Wall-Mounted Faucets: This trend is the ultimate in streamlined style. Wall- or mirror-mounted faucets appeal to the desire for clean design without complicated plumbing.

Shimmering Effects: Designers are taking a shine to the array of decorative glass tiles and mosaics on the market and are using them either as an accent or to cover an entire wall. The tiles come in colored, clear, and iridescent finishes. New metallic and mother-of-pearl tiles are also adding a modern look to the bath.

Frameless Glass Shower: The new seamless glass showers with minimal framing complement any bathroom décor. The illusion of pure transparency makes a small bath seem larger.

Classic Subway Tiles: These vintage-style tiles, shaped like bricks and set in a staggered "running bond" fashion, are making a big comeback in baths. Many are opting for the black-and-white tiles for a crisp, clean look.

High-Tech Bathing: Convert your shower experience with a steam generator and rain dome. Add even more luxury with an all-purpose shower stack that has multiple heads, body sprays, and adjustable settings.



Russ Glickman, founder of Glickman Design Build, is a Master Certified Remodeler and Certified Aging in Place Specialist. The award-winning Glickman Design Build team has completed thousands of general remodeling and accessible design projects in the Metro DC area and is passionate about the work they do. Their work has been featured in a variety of publications.

Visit GlickmanDesignBuild.com or call 301.444.4663 to learn more.

LET'S TALK Real Estate



by Michael Matese

The Hot Topic of Solar Heat

Solar heat—it's the hottest new item in any home construction, from single-family houses and modest constructions all the way up to luxury mansions! In terms of cost effectiveness, there's no wiser choice than solar. More economical than electricity, propane and oil, it's a renewable resource that some states offer tax exemptions, income tax credits, property tax exemptions and deductions to consumers who choose to integrate solar power into their home's schematic.

It doesn't get much more cost effective than solar heat. It's more economical than electricity, propane or oil and some states even offer sales tax exemptions, income tax credits and property tax exemptions or deductions. The size of your house, local covenants and heating needs are factors in choosing the size of your heating system, and a professional in solar heat panel installations will be your best source of information. Take into consideration your local climate, the type and efficiency of the collector to determine how much heat the system can provide. It's usually most economical to design an active system to provide 40%-80% of the home's needs and a well designed and insulated home that incorporates passive solar heating techniques will use a smaller heating system, needing less supplemental heat. Once installed, maintenance is essential and an average system will require between 8-16 hours of upkeep a year. Don't forget to make certain your homeowner's policy covers the upgrade. Most are already automatically covered, but it's essential to ascertain what your insurance provider's policy is regarding it.

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Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

July, 2015 Sales, \$955,000~\$997,500

IN JULY 2015, 77 POTOMAC HOMES SOLD BETWEEN \$230,000-\$455,000.



8 11020 Dobbins Drive — \$955,000



2 12320 Overpond Way — \$995,000



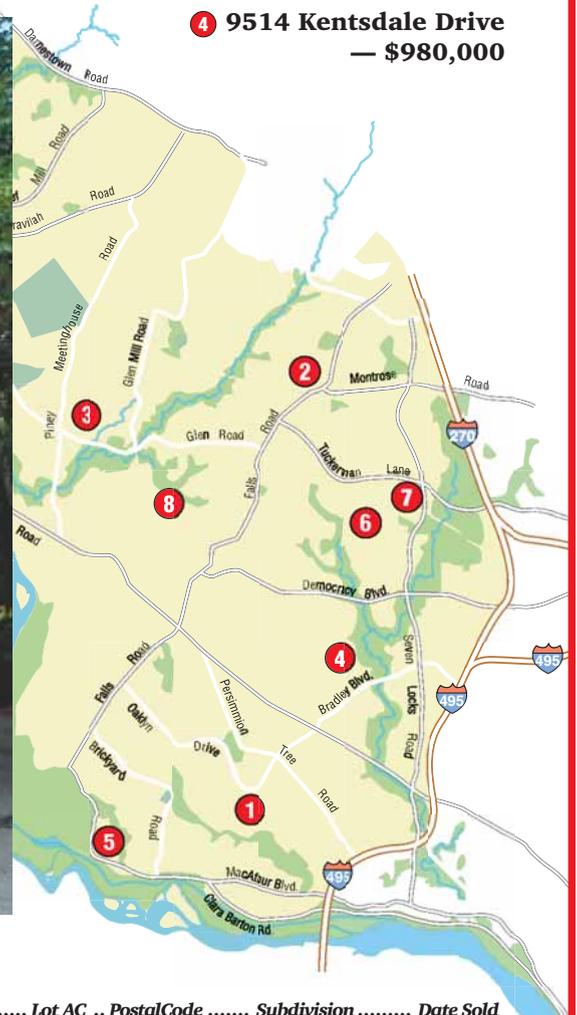
6 10931 Bells Ridge Drive — \$965,000



4 9514 Kentsdale Drive — \$980,000



1 8317 Turnberry Court — \$997,500



5 7802 Hidden Meadow Terrace — \$980,000

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2 12320 OVERPOND WAY	5	3	1	POTOMAC	\$995,000	Detached	0.28	20854	COPENHAVER	07/01/15
3 11004 SPRING HOUSE CT	5	4	1	POTOMAC	\$980,000	Detached	2.03	20854	PINEY GLEN FARMS	07/10/15
4 9514 KENTSDALE DR	5	4	1	POTOMAC	\$980,000	Detached	0.51	20854	MCAULEY PARK	07/31/15
5 7802 HIDDEN MEADOW TER	4	3	1	ROCKVILLE	\$980,000	Townhouse	0.08	20854	RIVER FALLS	07/28/15
6 10931 BELLS RIDGE DR	5	4	1	POTOMAC	\$965,000	Semi-Detached	0.12	20854	BELLS MILL ESTATES	07/29/15
7 11203 POTOMAC CREST DR	4	4	1	POTOMAC	\$960,000	Attach/Row Hse	0.11	20854	POTOMAC CREST	07/24/15
8 11020 DOBBINS DR	3	3	1	POTOMAC	\$955,000	Detached	2.25	20854	POTOMAC OUTSIDE	07/31/15

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Designer of Terror

Local haunted house created to entertain.

BY MARILYN CAMPBELL
THE ALMANAC

Each October Haynes Davis turns the parking lot of American Plant in Bethesda into a wonderland of fear. He designs a haunted house to spook and entertain clients as they make their way through rows of pumpkins, gourds and mums. It's a task he takes seriously.

"Ever since I was a kid, Halloween has always bigger than Christmas," said Davis. "My mom was always collecting witches and other Halloween decorations."

Work on the spooky space begins each March when Davis visits the TransWorld's Halloween and Attractions Show in St. Louis, Mo. The event is a trade show for the haunted house industry. During the show, Davis gathers ideas, purchases props, chooses the theme and sketches the design for the haunted house in Bethesda.

"After the show we work on the layout and decide what elements are going to be in the main rooms and where those rooms are going to be located," said Davis, who is a general manager at American Plant. "My garage at home is pretty scary with all the mannequin parts and other accessories that we use for Halloween."

SEE HAUNTED HOUSE, PAGE 17



PHOTO BY MARILYN CAMPBELL/THE ALMANAC

Characters from the movie, "The Nightmare Before Christmas," reside in rooms in the haunted house.

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'Shop for a Cause'

Metropolitan Community Club Fall Craft Show returns this weekend.

BY SUSAN BELFORD
THE ALMANAC

The season for holiday shopping is upon us again. It's time to start thinking about a gift list — what to buy for loved ones, friends and business associates, not to mention gifts for teachers, housekeepers and all the people who helped you and your family in various ways this year. It's only 77 days until Christmas and 58 days until Hanukah — so scribble a list and plan a budget.

Begin your shopping this weekend at the Metropolitan Community Club (MCC) Fall Craft Show. The organization is holding Potomac's first show of the season, giving shoppers an opportunity to purchase one-of-a-kind gifts while helping local charities. This 10th annual Fall Craft Show will be held at the Potomac Presbyterian Church, 10301 River Road in Potomac (next to Potomac Elementary School) this Friday, Oct. 16 and Saturday, Oct. 17. The hours of the show are Friday from 5 - 9 p.m. and Saturday from 10 a.m. to 4 p.m.

Some of the Montgomery County charities that will benefit from the MCC member's work and dedication are Mobile Medical Care, Inc.; Team River Runner; Nourish Now; METAvivor (Metastatic Breast Cancer Awareness); CASA (Court Appointed Special Advocates); Transformations of Montgomery County, Inc.; and Tree-Mendous Maryland.

"MCC wants to support local charities and

keep our funds right here in Montgomery County," MCC member Susan Magafan said. "We are providing a wide variety of support to families, women and Wounded Warriors through advocacy and healthcare programs as well as helping to keep our county green and beautiful."

Vendors will provide a wealth of shopping prospects. Wendy Simon of "Show What Is In Your Heart" will display her customized jewelry. Health and wellness needs can be met at "It Works." Ibhana Women's Clothing offers the latest in women's fashion apparel while "Fearless Threads" will present handbags and accessories. Silpada Jewelry and Stella and Dot will be providing the perfect opportunity to purchase one-of-a-kind jewelry and accessories.

Fox Meadow Design is coming to the show just in time for Halloween, with decorations to delight Trick-or-Treaters. One of the most popular booths year-after-year is called "Greek Sweets." Bessie Ioakim bakes and sells fresh baklava, kouklakis, crescent cookies, fig jam and more. A new vendor this year will be handcrafted pens created by Moonlighting Pens.

The MCC was founded as the Junior Suburban Women's Club in 1974 under the umbrella of the General Federation of Women's Clubs. When most of the members became 40 years old, they knew it was time to move on as members of a General Club. However, the members wanted to remain together and thus, in 1988, they reincorporated their club as MCC.



PHOTO BY SUSAN BELFORD/THE ALMANAC

Metropolitan Community Club's Fall Craft Show will be held at the Potomac Presbyterian Church.

The club has remained involved in contributing to the community in many ways.

"One-hundred percent of the proceeds from the Craft Show are donated to our charities. We hope the community will come out to shop for deserving local causes who are making a difference in our community," Magafan said.

BULLETIN BOARD

Email announcements to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

WEDNESDAY/OCT. 14

Senior Connection Volunteer Training. 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection needs volunteer drivers to escort seniors to doctor appointments and help with grocery shopping. Email volunteer@seniorconnectionmc.org or call 301-962-0820 for more.

"Love Shouldn't Hurt: A Public Conversation about Domestic Violence." 7-8:30 p.m. at Eastern Montgomery Regional Center, 3300 Briggs Chaney Road, Silver Spring. The event will provide information about services that are available and how to help friends and family in relationships affected by abuse. Free. Call 240-777-8333.

TUESDAY/OCT. 20

"Supporting Our Community's Most Vulnerable Youth." 1-3 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. Dr. Hedieh Mirahmadi, Laura Newton, and Diego Uriburu will discuss unaccompanied minors and combating violent extremism. Admission is free for Leadership Montgomery members and \$15 for nonmembers. Visit www.leadermont.org for more.

WEDNESDAY/OCT. 21

Call for Exhibit Proposals
Deadline. Submit a proposal for a group or solo photography exhibition in 2016 at Photoworks Gallery in historic Glen Echo Park. Visit www.glenechophotoworks.org for guidelines.

"Love Shouldn't Hurt: A Public Conversation about Domestic Violence." 7-8:30 p.m. at Eastern Montgomery Regional Center, 3300 Briggs Chaney Road, Silver Spring. The event will provide information about services that are available and how to help friends and family in relationships affected by abuse. Free. Call 240-777-8333.

THURSDAY/OCT. 22

"Making Your Community Livable for All Ages." 7-9 p.m. at the Bolger Center, 9600 Newbridge Drive, Potomac. Speaker Stephanie Firestone, Program Director of the Livable Communities Collaborative of the National Association of Area Agencies on Aging, will discuss how to make the Potomac community more livable for all ages, from children to seniors. Free. Visit www.PotomacCommunityVillage.org.

FRIDAY/OCT. 23

"Just Girls." 6-8 p.m. at Suburban Hospital, 8600 Old Georgetown Road, Bethesda. Kaiser Permanente specialists Shana Gage, M.D., child psychiatrist, and Elizabeth Valois, M.D., pediatrician, will share the most common issues facing pre-teen

girls ages 9-12. Free. Register at events.suburbanhospital.org.

MONDAY/OCT. 26

Montgomery Councilmember Roger Berliner Meeting. 7 p.m. at Carderock Springs Elementary School, 7401 Persimmon Tree Lane, Bethesda. Montgomery County District 1 Councilmember Roger Berliner invites residents to ask questions and discuss issues in an informal setting. Call 240-777-7828.

WEDNESDAY/OCT. 28

Senior Connection Volunteer Training. 7 p.m. at Holiday Park Senior Center, 3950 Ferrara Drive, Silver Spring. The Senior Connection needs volunteer drivers to escort seniors to doctor appointments and help with grocery shopping. Email volunteer@seniorconnectionmc.org or call 301-962-0820 for more.

THURSDAY/NOV. 5

Great Decisions: Human Trafficking in the 21st Century. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Great Decisions, a national program of the non-partisan Foreign Policy Association is sponsored by Friends of the Library, Potomac Chapter. Most months there is a guest speaker. The program is free and open to the public; bring a brown bag lunch. A copy of the 2015 Briefing Book is available at the Information Desk. The book cannot be checked out; it takes about an hour to read the

relevant article. Books can be ordered at fpa.org.

TUESDAY/NOV. 10

Parent University Workshop: Be Social. 7:15-8:30 p.m. at Har Shalom ECEC 11510 Falls Road, Potomac. Dr. Clawson will address of issues regarding your child and the role of psychiatry in his/her care. He will discuss when to seek a psychiatric opinion and what role can and should your child's psychiatrist play in his/her care. He will also entertain your questions regarding psychiatric care of children. Prices vary based on how many future workshops you plan to attend. Visit www.ccl-md.com.

SUNDAY/NOV. 15

Jewish Community Day. 10 a.m.-5 p.m. at University of Maryland Hillel, 7612 Mowatt Lane, College Park. The Jewish Federation of North Bethesda will host "Routes: A Day of Jewish Learning 2015." Find more than 70 sessions of informative seminars and events. Visit www.shalomdc.org.

SUNDAY/NOV. 22

Great Names Community Lecture Series. 3-5 p.m. at Bethesda Jewish Congregation, 6601 Bradley Blvd., Bethesda. Bethesda Jewish Congregation presents Cokie and Steve Roberts, syndicated columnists. Open to all. Free, but RSVP to secure a seat. Call 301-469-8636 or visit www.bethesdajewish.org/registration/.

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POTOMAC DAY 2015



Some of the animals in the Squeals on Wheels petting zoo in last year's parade.



Mounted police led the Potomac Day parade last year.

PHOTOS BY ANDREA RAZAK

Get Ready

Join in a celebration of community.

BY SUSAN BELFORD
THE ALMANAC

Potomac Day

Oct. 24 from 10 a.m. – 3 p.m.
Potomac Village

What's more fun than a parade, clowns and candy? Scurrying up a climbing wall? Sliding down inflatable slides? Riding a pony, petting an alpaca, or cuddling a pig? Rocking to the sounds of Retrospect? Becoming acquainted with Potomac business owners or a classic car expert?

Potomac Day is a day where neighbors greet neighbors, family and friends hang out with one another and the community comes together to honor Potomac businesses, local residents, politicians and more.

The parade features high school bands, dance teams, clowns, equestrians and the Potomac Chamber of Commerce Citizens of the Year. This year, the chamber has chosen Elie Pizarra to serve as Grand Marshal, Dr. Susan Rich as Citizen of the Year, Steve Ornstein as Business Person of the Year and Alexander Brown from The Bullis School as Youth of the Year.

The parade begins at 10 a.m. on Chapel Drive and River Road and travels along River Road to Falls Road where it turns and heads toward Great Falls. The parade gives children a chance to scramble for candy, laugh at the clowns' antics, wave to pediatric dentist Dr. Amy Light — always dressed

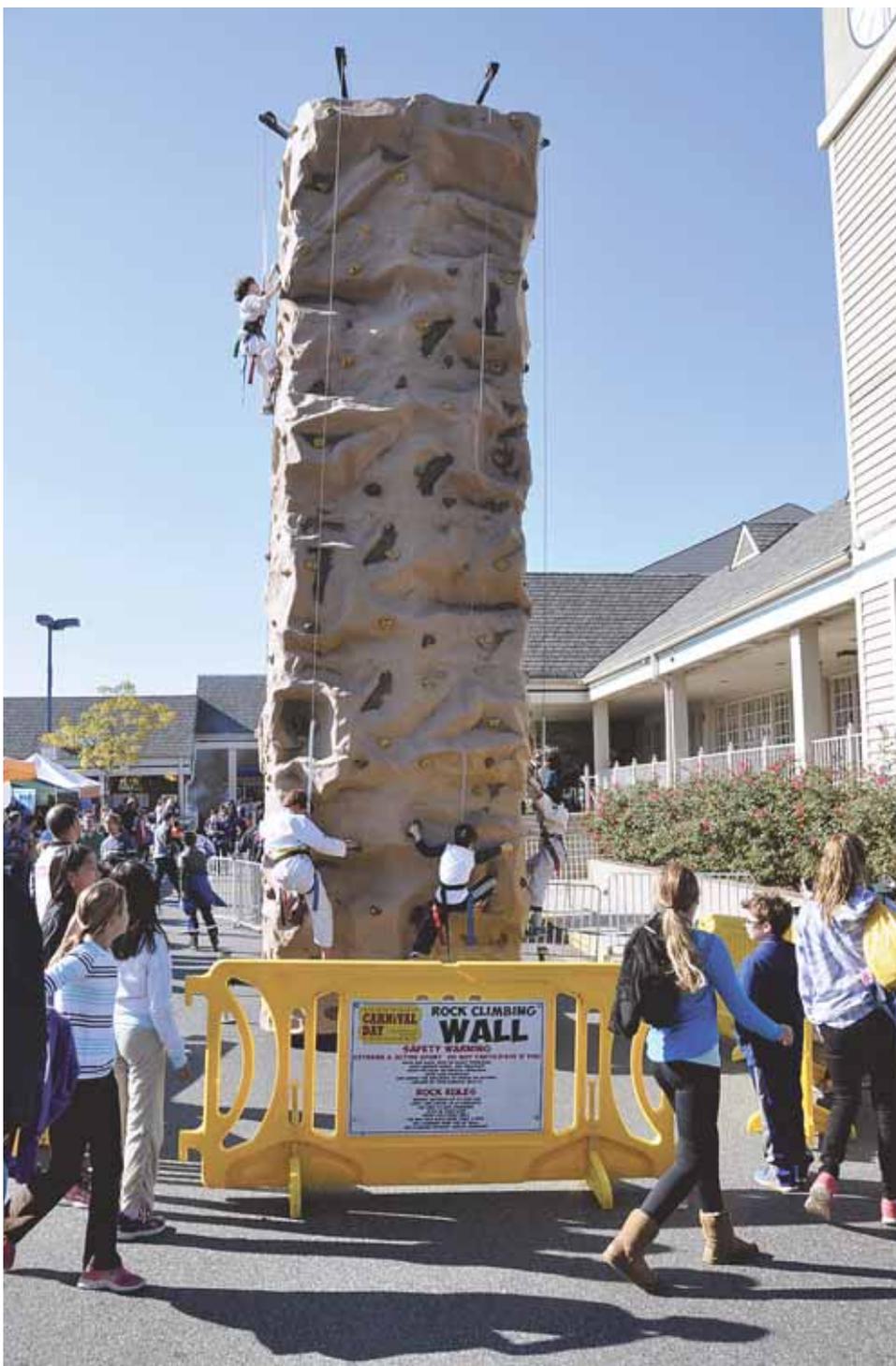
as the tooth fairy — and to cheer on riders from the Capitol Polo Club, the firefighters on their shiny red trucks, and the tae kwon do performers. Adults enjoy seeing their favorite business or political candidate go by — as well as many friends representing Potomac in a variety of ways.

Once the parade ends, there will be even more activities this year. According to Jennifer Matheson, director of operations for the Potomac Chamber of Commerce, "We are expanding the ride area this year and will have even more for the children's rides. Our business fair is entirely sold out and we will have both live music from Retrospect and DJ's from Exclusively Entertainment. Potomac Day gets bigger and bigger each year with more people attending each year. The Classic Car Show is an exciting event each year which draws a lot of people. This year the classic car award categories will include the People's Choice, President's Award and the Fire Chief's Award."

Jill and John Phillips own Squeals on Wheels, a portable petting zoo in Potomac. "Our family has been bringing animals to Potomac Day since 2002," Jill Phillips said. "We pulled a landscape trailer with a van. The trailer was stuffed with bales of hay, four alpacas and our five children who managed the herd of alpacas. Over the years we added goats and a tiny 24" tall full grown horse to the menagerie. Then we started our petting zoo after we realized how much joy our animals brought to the Potomac community."

The climbing wall will be one of many activities returning for this year's Potomac Day.

PHOTO BY DEBORAH STEVENS
THE ALMANAC



POTOMAC DAY 2015

Stop by the Business Fair on Potomac Day, October 24th to have your picture taken at the andy4homes.com photo booth! Can't wait to see you there!

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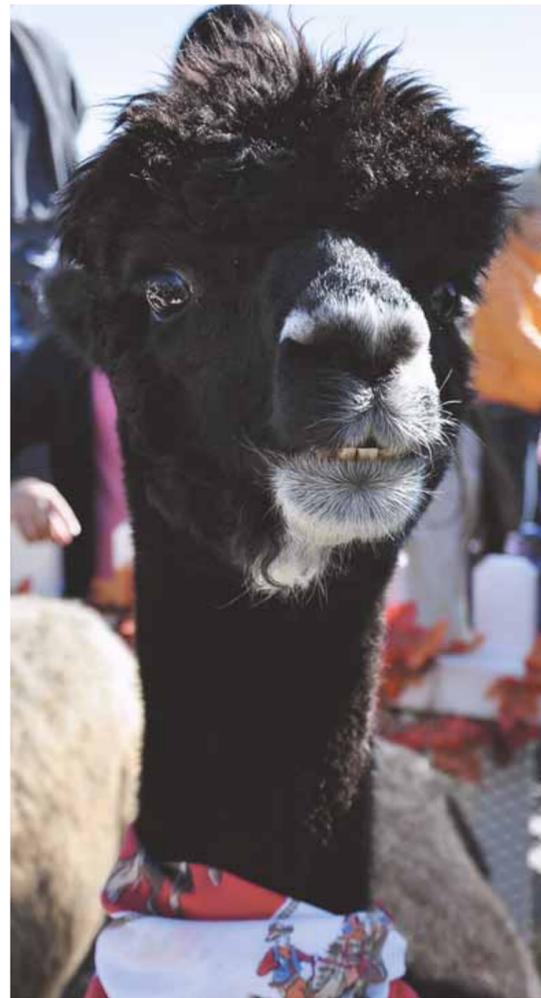
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Two girls with matching butterfly face painting.

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Meet New Friends
A llama from Squeals on Wheels.

The parade was full of state and local candidates including Larry Hogan, then running for governor.

Cabin John Volunteer Fire Chief Jim Seavey.



Friends of the Potomac Library march in last year's parade.



More rides are planned for this year's event.



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A variety of food attracted Potomac Day visitors.



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POTOMAC DAY 2015



Students at East West Tae Kwon Do line up for the parade.

PHOTO BY
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Friends of the Potomac Library's storybook character Big Red Dog Clifford's costume was damaged in transit and couldn't make an appearance last year.

FILE PHOTO

McLean celebrates differences; they don't walk away from them. These kids are the people who will think differently and solve the world's problems.

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ENTERTAINMENT

Email community entertainment events to almanac@connectionnewspapers.com. Include date, time, location, description and contact for event: phone, email and/or website. Photos and artwork welcome. Deadline is Thursday at noon, at least two weeks before event.

ONGOING

Children's Storytime. Wednesdays and Saturdays, 10 a.m. at Barnes & Noble Booksellers, 4801 Bethesda Ave., Bethesda. Listen to employees read children's stories. Free. Visit www.store-locator.barnesandnoble.com/event/4824850-21.

Adult Single Night. Saturdays, 9 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Find a DJ, open dance floor, and other singles. No cover charge. Visit www.bennysbargrill.com.

(come back TO) Rockville! Through Oct. 18, gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Artists Naoko Wowsugi and Graham Coreil-Allen are commissioned to create original projects investigating and initiating social networks, invisible communities and hidden public places. Free. Visit www.visartsatrockville.org.

"HomeLands." Through Oct. 18, during gallery hours at Photoworks Gallery, 7300 MacArthur Blvd. Robb Hill's new black and white photo exhibit focuses on the themes of home, land, and loss. Free. Visit www.glenechophotoworks.org for more.

Cooking Demonstration and Tasting. Wednesdays through Nov. 4, 6 p.m. at The Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Local chefs provide demonstrations and tastings. Free, but registration required. Visit www.strathmore.org.

Butterfly Exhibit. 10 a.m.-4 p.m. daily from through Oct. 25 at Brookside Gardens, 1800 Glenallen Ave., Wheaton. Free. Visit www.montgomeryparks.org for more.

Art Walk in the Park. First Fridays through October. 6-8 p.m. Glen Echo Park. Enjoy pottery, calligraphy, glass work, and much more. Visit www.glenechopark.org for more.

"When She Had Wings." Through Nov. 1 at various times at Imagination Stage, 4908 Auburn Ave, Bethesda. A 9-year-old girl named B fantasizes about flying in a makeshift cockpit she has built in a tree. Tickets start at \$10. Visit www.imaginationstag.org.

"Women Chefs: Artists in the Kitchen." Through Nov. 8, during gallery hours at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Twenty-one visual artists create portraits of 22 female chefs, who will also give cooking demos. Admission to the exhibit is free. Visit www.strathmore.org for more.

Lobsterfest. Through Nov. 10. Order live Maine lobsters at \$15 each to benefit the Potomac Kiwanis Club. Pick up lobsters on Nov. 14 at Potomac Presbyterian Church, 10301 River Road. To order, email Jackie Cronin at PotomacKiwanis@gmail.com or call 301-527-1235.

Heather Harvey: "Feynman's Sisters and Other Space Weather Hazards." Gallery hours at VisArts, 155 Gibbs St., Rockville. Heather Harvey presents a site-specific work and a paper-based series, both made with gleanings from daily walks. Free. Visit www.visartsatrockville.org for more.

Oasis Art Gallery Exhibit. Through Nov. 30 at The Oasis Art Gallery inside Macy's Home Store at Westfield Montgomery Mall, 7125

Democracy Blvd., Bethesda. Artists Lieta Gerson and Lindan Silvers will display their work. Free. Visit www.oasisnet.org/washington.

Paint Night. 5:30-8 p.m. on first and second Mondays of the month through December at Sweet Frog, 100 Lexington Drive, Silver Spring. Spiritual Unicorn art sponsors a night of painting. Tickets are \$10 for children and \$15 for adults. Visit www.spiritualunicornart.com.

THROUGH NOV. 30

"Originale." 10 a.m.-8 p.m. Monday-Saturday, 12-6 p.m. on Sunday at Persiano Gallery and Design Center, 188 Market St., Potomac. Artist Yolanda Prinsloo presents artwork in graphite and paint. Free. Visit www.persianogallery.com for more.

WEDNESDAY/OCT. 14

Chris Cornell with Hemmings. 7 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, Bethesda. 9:30 Club will sponsor an event headlined by '90s grunge musician Chris Cornell. Tickets are \$76. Visit www.930.com for more.

OCT. 14-NOV. 15

Heather Harvey Art Exhibit. Gallery hours at VisArts at Rockville, 155 Gibbs St., Rockville. Heather Harvey presents a site-specific work and a paper-based series. Free. Visit www.visartsatrockville.org.

THURSDAY/OCT. 15

Concert. 7:30 p.m. at The Mansion at Strathmore, 10701 Rockville Pike.

Listen to "The Moon & Seven Stars," a duo of a flute and a lute that plays music from Renaissance to Celtic folk melodies. Tickets are \$30 each. Visit www.strathmore.org/.

FRIDAY/OCT. 16

Zumba for Breast Cancer. 6:30-8:30 p.m. at Downtown Silver Spring. Attend a zumba class to support breast cancer research. Free. Visit www.downtownsilverspring.com for more.

Annie Farrar: "Vanitas" Opening Reception. 7-9 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Farrar uses found objects with the intention of inviting viewers to construct their own narratives and reconsider the materiality that surrounds daily life. Meet the artist at the exhibit. Free. Visit www.visartsatrockville.org.

Heather Harvey: "Feynman's Sisters and Other Space Weather Hazards" Opening Reception. 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Heather Harvey presents a site-specific work and a paper-based series, both made with gleanings from daily walks. Free. Visit www.visartsatrockville.org for more.

"Aladdin Junior." 7:30- 8:30 p.m. at Arts Barn, 311 Kent Barn Square Road, Gaithersburg. Watch this one-hour adaptation of the Disney movie, "Aladdin." Tickets are \$12 for 14 and under, and \$15 for everyone else. Visit www.gaithersburgmd.gov/calendars.

Pippen Theater Co. Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Pippen Theatre Co. combines folk music with storytelling. Tickets are \$20-30. Visit

www.ampbystrathmore.com.

FRIDAY-SATURDAY/OCT. 16-17

Metropolitan Community Club Craft Show. 5-8 p.m. on Friday and 10 a.m.-4 p.m. on Saturday at Potomac Presbyterian Church, 10301 River Road, Potomac. Find handmade crafts of all varieties. Free. Visit www.gfwcmd.org for more.

OCT. 16-18

The Sugarloaf Crafts Festival. 10 a.m.-6 p.m. on Friday and Saturday, 10 a.m.-5 p.m. on Sunday at Montgomery County Fairgrounds, 16 Chestnut St., Gaithersburg. More than 250 artisans will be on hand with their work in sculpture, glass, jewelry, fashion, wood, leather, metal, furniture, home accessories, photography and fine art. Tickets are \$8 in advance and \$10 at the door. Visit www.sugarloafcrafts.com for more.

SATURDAY/OCT. 17

Antique and Classic Car Show. 11 a.m.-3:30 p.m. at Rockville Civic Center Park, 603 Edmonston Drive, Rockville. Find more than 500 antique and classic cars. Free. Visit www.rockvillemd.gov for more.

Seasoned Spellers Senior Spelling Bee. 11 a.m. at Rockville Memorial Library, 21 Maryland Ave., Rockville. Montgomery County residents 55 and older compete in a spelling bee. Free. Visit www.folmc.org for more.

Artist Visit: "World in the Mirror of Metaphor." 1-3 p.m. at Wentworth Gallery, 7101 Democracy Blvd., Bethesda. Artist Vladimir Kush will be present. Free. Visit www.wentworthgallery.com for

more.

The Ragged Edge of Rockville. 4 p.m. at 155 Gibbs St., Rockville. Artist Graham Coreil-Allen offers free walking tours of the area. Visit www.visartsatrockville.org for more.

Oktoberfest. 5-8 p.m. at St. Dunstan's Episcopal Church, 5450 Massachusetts Ave., Bethesda. Find live music, beer and bratwurst. Tickets are \$8 for adults and free for children. Visit www.stdunstansbethesda.org for more.

"(come back TO) Rockville!" Closing Reception. 6-8 p.m. at VisArts at Rockville, 155 Gibbs St., Rockville. Celebrate the exhibit with a rooftop party. Free. Visit www.visartsatrockville.org for more.

"Strathmore Cabaret." 7 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Attend a jazz concert with a Parisian theme. Tickets are \$150-500. Visit www.ampbystrathmore.com.

Baltimore Symphony Orchestra: Romeo and Juliet. 8 p.m. at The Strathmore Music Center, 10701 Rockville Pike, North Bethesda. Tickets start at \$20. Visit www.strathmore.org.

SATURDAY-SUNDAY/OCT. 17-18

Bethesda Row Arts Festival. 11 a.m.-6 p.m. at Bethesda Row, 4841 Bethesda Ave., Bethesda. The Bethesda Row Arts Festival will feature 190 juried artists. Guests will find ceramics, drawing, pastels, fiber, decorative, fiber, wearables, glass, graphics/printmaking, jewelry, metalwork, mixed media 2D, mixed media 3D, oil/acrylic painting, photography, digital art, sculpture, watercolor, and wood. Free. Visit

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“The Seriously Whimsical Paintings of Rebecca Grace Jones.” 12-8 p.m. on Saturday, 12-5 p.m. on Sunday. Mixed media artist Rebecca Grace Jones will display her work, a blend of abstraction and representation. Free. Visit www.rebeccagracedjones.com for more.

“OINK! A Pigsical.” 3 and 7 p.m. on Saturday, 4 p.m. on Sunday at Black Box Silver Spring, 8641 Colesville Road, Silver Spring. “OINK! A Pigsical” is a new musical work by local composer Cliff Hardin (nationally known for his choral works) and by author/lyricist Deborah Hollander, who passed away before the play could be staged. “OINK” is a modern take on the classic tale of the three little pigs. Free, but donations accepted. Visit www.oinkappigsical.com for more.

SUNDAY/OCT. 18

“1001 Grams” Screening. 10 a.m. at Landmark Bethesda Row Cinema, 7235 Woodmont Ave., Bethesda. Minister Counsellor Communication and Culture of the Royal Norwegian Embassy Jon-Åge Øyslebø will be a special guest at the screening of Norwegian film “1001 Grams.” Single Tickets are \$15. Visit www.cinemaartbethesda.org.

Coffee and Critique. 10 a.m.-12 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Guests are invited to bring photos for informal feedback from Photoworks faculty and enjoy unlimited coffee and bagels. Free. Visit www.glenechophotoworks.org.

Author Talk. 11 a.m. at Beth Shalom Congregation, 11825 Seven Locks Road, Potomac. Dr. Lee Mandel will speak about his new book “Unlikely Warrior: A Pacifist Rabbi’s Journey From the Pulpit to Iwo Jima.” Free. Email library@bethsholom.org for more.

The World of Montgomery Festival. 12-5 p.m. at Montgomery College, 51 Mannakee Drive, Rockville. Organized by KID Museum, the festival includes an international village, a global kitchen with chef demonstrations of traditional ethnic food, a craft market, a parade of cultures, two performance stages of traditional dance and music, traditional arts and interactive activities. Free. Visit www.worldofmontgomery.com.

King Farm Fall Festival. 12-5 p.m. at Saddle Ridge Community Center, 300 Saddle Ridge Circle, Rockville. Enjoy a trackless train ride, moonbounces, obstacles course inflatables, face painting, scarecrow making, pumpkin decorating, and a petting zoo. Free. Visit www.kingfarmfallfestival.com.

Waltz Dance. 2:45-3:30 p.m. workshop, 3:30-6 p.m. dancing at The Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Band Tangerine will perform a mix of folk waltzes and other couple dance including the Polka and Hambo. Admission is \$10. Visit www.waltztimedances.org for more.

“Out of the Darkness, Into the Light.” 5-8:30 p.m. at Hilton, 1750 Rockville Pike, Rockville. Montgomery County Family Justice Center Foundation will hold its 6th Annual Benefit. Individual tickets



PHOTO CONTRIBUTED

On Oct. 22, join Interfaith Works for “Empty Bowls,” a fundraiser supports vulnerable communities in Montgomery County. Guests will be able sample soup from area restaurants and take home an empty handcrafted bowl as a reminder of hunger and homelessness. Tickets are \$25. Visit www.iworksmc.org.

start at \$125. Visit www.mcfjcfoundation.org.

MONDAY/OCT. 20

Serenity in the Garden: Simplicity, Sanctuary & Delight. 8 p.m. at Montgomery College Takoma Park/Silver Spring Campus, Health Sciences Center Building, 7977 Georgia Ave., Silver Spring. Professional landscape designer Jan Johnsen shares her passion for creating peaceful, enticing gardens and reveals the three features of a serene outdoor setting: simplicity, sanctuary, and delight. Drawing on her 40 years of experience in the design and horticulture professions, Jan illuminates the surprising role that layout, power of place, color, trees, and even rocks play in enhancing our wellbeing outdoors. Free. Visit www.washingtongardener.com for more.

WEDNESDAY/OCT. 21

Book and Author Luncheon. 9 a.m. at The Radisson Hotel, 3 Research Court, Rockville. The Brandeis National Committee Greater Washington Chapter will host five authors: “Spring Chicken: Stay Young Forever” author Bill Gifford; “Paper Love: Searching for the Girl My Grandfather Left Behind” author Sarah Wildman; and “The Partisan Divide: Congress in Crisis” co-authors Martin Frost, Tom Davis and Richard Cohen. Tickets are \$70 for members and \$80 for non members. Registration required by Oct. 6. Call 301-598-4367 for more.

John Kocur & Herb and Hanson. 7:30 p.m. at the Mansion at Strathmore, 10701 Rockville Pike, North Bethesda. Kocur plays saxophone; Herb & Hanson play mandolin and guitar. Tickets are \$17. Visit www.strathmore.org.

THURSDAY/OCT. 22

Empty Bowls. 6:30-8:30 p.m. at Julia Bindeman Suburban Center, 11810 Falls Road. Each fall, Empty Bowls brings the community together through art, a bowl of soup and the desire to help the vulnerable in Montgomery County move from crisis to stability. Sample soups from area restaurants and take home a handcrafted bowl. Tickets are \$25. Visit www.iworksmc.org for more.

FRIDAY/OCT. 23

Compañía Flamenca José Porcel: Flamenco Fire. 8 p.m. at The Strathmore Music Center, 10701 Rockville Pike, North Bethesda. Flamenco dancers are accompanied by a live orchestra. Tickets are \$28-68. Visit www.strathmore.org for more.

OCT. 23-NOV. 29

“Photo Slam: The Exhibition.” Gallery hours at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The award-winning images from the Photo Slam 2014 by Prescott Moore Lassman, Pablo de Loy, Valerie Makepeace and Tanguy de Carbonnières will be on display. Free. Visit www.glenechophotoworks.org.

SATURDAY/OCT. 24

Potomac Day. 8 a.m.-3 p.m. Arts and entertainment for all ages, ranging from rides for children to an antique show and business fair. The highlight is the Potomac Day Parade at 10:30 a.m., featuring hundreds of entrants, including bands, horses, antique cars, school groups, scouting organizations, and candidates for elected office. Free. Call the Potomac Chamber of Commerce at 301-299-2170 or visit www.potomacchamber.org.

Truck Touch. 10 a.m.-2 p.m. at 7210 Hidden Creek Road, Bethesda. Suburban Nursery School is hosting an event that invites children explore fire trucks, police cars, construction trucks, and other service vehicles. Tickets are \$5, admission for children 2 and younger is free. Visit www.suburbannurseryschool.org/truck-touch.

The Artist’s Guide to Professional Practices. 10 a.m. at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. This workshop focuses on gallery expectations of professionalism, how to build compelling proposals, and how to sustain professional relationships. Free for Strathmore Artists; registration required. Visit www.strathmore.org for more.

Artist Talk. 2 p.m. at The Strathmore Mansion, 10701 Rockville Pike, North Bethesda. Artist J. Thomas Wells discusses contemporary

SEE ENTERTAINMENT, PAGE 16

NEWS

Council Approves Pesticide Ban

County Council approved amended Bill 52-14 in a 6-3 vote on Oct. 6 that bans the use of pesticides on county-owned and private lawns. One of the amendments to the original bill will allow the county's Department of Parks to continue to use pesticides on playing fields as part of an integrated pest management program and requires the department to develop a plan that would lead to maintaining fields without pesticide use by 2020. The department will conduct a pilot program in the interim period to study the impact of maintaining fields without using pesticides.

Voting in favor were Council President George Leventhal, Council Vice President Nancy Floreen, Councilmembers Marc Elrich, Tom Hucker, Nancy Navarro and Hans Riemer. Councilmembers Roger Berliner, Sidney Katz and Craig Rice were opposed.

The enacted bill provides for a phasing of effective dates, with provisions related to county-owned property and county parks taking effect July 1, 2016. The bill was amended to have provisions related to private property taking effect on Jan. 1, 2018 rather than the originally proposed Jan. 1, 2017.

In addition to lawns, the bill also restricts the use of certain pesticides on public and private playgrounds, mulched recreation areas and children's facilities such as child

care centers. The bill's restrictions do not apply to gardens. They do not restrict pesticide use for the control of noxious weeds or invasive species, for human health or agricultural purposes or to prevent significant economic damage.

More details about Bill 52-14 and related amendments are available at: <http://tinyurl.com/q56xdsr>.

Apply for Grants Advisory Group

County Council is seeking applicants for positions on its Fiscal Year 2017 Grants Advisory Group. The council will appoint the volunteer community panel to review grant applications and advise it on proposals received from the non-profit community. Letters of interest from applicants must be received no later than 4 p.m. on Monday, Nov. 9.

Applicants for the Advisory Group may not be employees of, or members of a board of, a nonprofit group applying for council grant funding. However, applications will be accepted from members of panels reviewing Community Development Block Grants or Community Service Grants, as well as from other advisory boards or community groups.

Interested applicants living or working in the county should submit their letter of interest with a resume to: Council President George Leventhal at County.Council@montgomerycountymd.gov.



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ENTERTAINMENT

FROM PAGE 14
archaeology. Free. Visit
www.strathmore.org for more.

Montgomery County Humane Society: A Party for Paws. 7:30-11 p.m. at The Universities at Shady Grove Conference Center, 9630 Gudelsky Drive, Rockville. a photo booth for souvenir event photos, a doggie dress-up parade, and more. Tickets are \$80. Visit
www.mchumane.org.

Marco Socias. 8 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Marco Socias is a classical guitarist from Spain. Tickets are \$16.75 for age 18-22, and \$33.50 for adults, free for children. Call 301-654-6403.

Zombie Dance Party. 8 p.m. at Sligo and Georgia avenues. Walk in a parade and then attend a viewing of "Day of the Dead" at AFI Silver Theatre. Participation in the parade is free, tickets for the screening are \$7-12. Visit
www.silverspringzombiewalk.com.

SUNDAY/OCT. 25

Open Door Reading. 2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Poet Baron Wormser, whose most recent book is "Unidentified Sighing Objects," is joined by Susan Muaddi Darraj, who reads from her collection of short fiction, "A Curious Land: Stories from Home." Followed by a reception and book signing. Free. Visit
www.writer.org for more.

Waltz Dance. 2:45-3:30 p.m. workshop, 3:30-6 p.m. dancing at The Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Band Tangerine will perform a mix of folk waltzes and other couple dance including the Polka and Hambo. Admission is \$10. Visit
www.waltztimedances.org for more.

Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring your instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just listen to classic jazz, Dixieland, and swing. Admission is free for musicians, \$10 for everybody else. Call 301-762-3323 or visit www.prjc.org for more.

Verge Ensemble Performance. 4 p.m. at Westmoreland Congregational Church, 1 Westmoreland Circle, Bethesda. Members of the Verge Ensemble will celebrate an appointment as New Music Ensemble-in-Residence at The Washington Conservatory of Music. Free. Visit www.washingtonconservatory.org.

Krasnoyarsk National Dance Company of Siberia. 4 p.m. at The Strathmore Music Center, 10701 Rockville Pike, North Bethesda. Serbian dancers perform with traditional costumes and music. Tickets are \$32-72. Visit
www.strathmore.org for more.

The Clara Barton Community Center Haunted House. 4-6 p.m. at 7425 MacArthur Blvd., Cabin John. All ages are welcome to a haunted house with an area for adults and a separate area for children. Free. Call 240-777-4910.

Photoworks Gallery Open House. 4-6 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Attend an informal open house. Free. Visit
www.glenechophotoworks.org.

OCT. 28-DEC. 13

"Project 837, Part 2." Gallery hours at VisArts, 155 Gibbs St., Rockville. "Project 837, Part 2" is an exhibition series intended to start a conversation about the definition of home and homelessness. The exhibition included a diverse group

of contemporary artists, the public, activists and organizers for workshops, gallery exhibition and symposium. The exhibition encourages interaction and participation from the community. Free. Visit
www.visartsatrockville.org.

FRIDAY/OCT. 30

Halloween on the Row. 5-7 p.m. at Bethesda Row, 7235 Woodmont Ave., Bethesda. Children are invited to trick-or-treat, enjoy live music and more. Free. Visit
www.bethesdarow.com for more.

AuduBOO! 6-9 p.m. at Woodend Nature Sanctuary, 8940 Jones Mill Road, Chevy Chase. Audubon Naturalist Society is hosting a nature-themed Halloween event featuring animal encounters and treat stations. Inside the mansion, families will find refreshments and craft stations for making animal masks or painting pumpkins. This event is rain or shine. Tickets are \$5-15. Visit
www.anshome.org/AuduBOO.

Montgomery Modern Book Launch Party. 7-9 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. The publication of "Montgomery Modern: Modern Architecture in Montgomery County, Maryland, 1930-1979" and the launch party event are part of the Historic Preservation Office's Montgomery Modern initiative to educate the public about the architectural heritage of Montgomery County. This book, written by MNCPPC senior architectural historian Clare Lise Kelly, provides the historic context for modern architecture in Montgomery County, from the 1930s through the 1970s. Free. Visit
www.montgomeryplanning.org.

"Project 837, Part 2" Opening Reception. 7-9 p.m. at VisArts, 155 Gibbs St., Rockville. Celebrate "Project 837, Part 2," an exhibition series intended to start a conversation about the definition of home and homelessness. Free. Visit
www.visartsatrockville.org.

FRIDAY-SUNDAY/OCT. 30-NOV. 1

Israeli Art Show. 10 a.m.-4 p.m. at Congregation Har Shalom, 11510 Falls Road, Potomac. Attend an art show featuring works from the Safrai Gallery in Jerusalem. Free. Visit
www.harshalom.org for more.

SATURDAY/OCT. 31

Croydon Creek Nature Center Walk. 9 a.m.-3 p.m. at Rock Creek Village Shopping Center, 5550 Norbeck Road, Rockville. There are three trails: 11km (rated 2C), 7km (rated 2A), and 5km (rated 2A). The 11km trail has both paved and natural surface sections. The walk is free unless Volksmarchers want to register for IVV credit for \$3. Visit
www.sugarloafers.org for more.

Fall Frolic. 1-4 p.m. at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Attend a day of pumpkin decorating, trick-or-treating, and a costume parade around the park. Free. Visit
www.glenechopark.org for more.

National Philharmonic Performs Bach. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. This concert will feature Bach's more memorable music. Tickets are \$29 for adults and free for children. Visit
www.nationalphilharmonic.org.

Monster Bash Costume Party. 9 p.m.-2 a.m. at Doubletree by Hilton Bethesda, 8120 Wisconsin Ave., Bethesda. Compete in the costume contest, partake in the sweets, sugars, spice dessert station, watch Halloween movies, and more. General admission tickets are \$15, VIP tickets are \$50. Must be 21+.

Visit
www.bethesdamonsterbash2015.eventbrite.com.

SUNDAY/NOV. 1

Crab Feast Fundraiser. 1-5 p.m. at 5020 Battery Lane, Bethesda. The Bethesda-Chevy Chase Rescue Squad Alumni Association will hold a crab feast fundraiser. All-you-can-eat steamed crabs, fried chicken, potato salad, baked beans, applesauce, and rolls, along with beer and soda. Tickets are \$50 in advance and \$55 at the door. Visit www.bccrs.org

Open Door Reading. 2-4 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. Raoul Wientzen, winner of the 2014 McLaughlin-Esstman-Stearns First Novel Prize, reads from "The Assembler of Parts." A reception and book signing follows. Free. Visit www.writer.org.

Vladimir Feltsman. 7:30-9:30 p.m. at Jewish Community Center of Greater Washington, 6125 Montrose Road, Rockville. Pianist Feltsman will perform. Tickets are \$30-40. Visit
www.jccgw.org for more.

FRIDAY/NOV. 6

The Weight Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. A tribute group for "The Band" performs. Tickets are \$35-45. Visit
www.ampbystrathmore.com.

Submission Deadline For Bethesda Songwriting Contest. 12 a.m. This competition is seeking local songwriters. The adjudicated contest will award one songwriter a Grand Prize of \$10,000. The award also includes a young songwriter category for which a songwriter younger than 18 will have the chance to win \$2,500. Applicants are invited to submit three original songs. Each song must have lyrics. Instrumental compositions are not accepted. All genres are accepted. Maximum song length is 4:30 min. Visit
www.bethesda.org.

FRIDAY-SUNDAY/NOV. 6-8

St. Mark Orthodox Church Ethnic Food Festival and Bazaar. 11 a.m.-6 p.m. on Friday and Saturday, 12-4 p.m. on Sunday at 7124 River Road, Bethesda. Find Russian and Eastern European foods such as piroghi, piroshki, halupki, blini, pirog, and chicken Kiev. Also peruse baked goods, jewelry, pottery, handcrafted items, icons, religious books & gifts, and more. Free. Visit
www.stmarkoca.org.

SATURDAY/NOV. 7

Potomac Fiber Arts Gallery Sale. 9:30 a.m.-4 p.m. at St. Mark Presbyterian Church, 10701 Old Georgetown Road, Rockville. Members of the Potomac Fiber Arts Gallery offer handcrafted, one-of-a-kind wearable art, jewelry, yarn, fabrics, notions and gift items. Bargain tables include gallery-quality items and artists' overstock of equipment, materials and supplies, books, and more. Free. Email



NYC-Based Photographer to Visit Glen Echo

Photographer Jeff Jacobson will discuss his work as part of the Elsie Hull Memorial Lecture Series on Saturday, Nov. 7 2-4 p.m. at The Spanish Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. The event will be followed by a signing of his book, "Find Your Light." Admission to the lecture is \$15 for students and \$25 for adults. Visit www.glenechophotoworks.org. On Sunday, Jacobson will be providing portfolio reviews at the Photoworks Gallery for \$150 per 30 minutes. Visit



PHOTOS BY JEFF JACOBSON

FallFiberArtSale@gmail.com for more.

Lecture and Book Signing. 2-4 p.m. at The Spanish Ballroom Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Photographer Jeff Jacobson will discuss his work as part of the Elsie Hull Memorial Lecture Series. Tickets are \$15 for students and \$25 for adults. Visit
www.glenechophotoworks.org.

40th Anniversary Event: Flamenco, Music, Poetry. 7:30-10 p.m. at The Writer's Center, 4508 Walsh St., Bethesda. The Writer's Center and Letras Latinas present an evening of Flamenco dance, music, and Spanish and English poetry inspired by Federico Garcia Lorca's "Theory and Play of the Duende." Readings by Cacayo Ballesteros and Rod Jellema. Tickets are \$15 for nonmembers and \$10 for members. Visit www.writer.org.

SUNDAY/NOV. 8

Portfolio Review. 9 a.m.-12 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Photographer Jeff Jacobson will provide 30-minute, in-depth portfolio reviews for photographers. Thirty minutes is \$150. Visit
www.glenechophotoworks.org.
"Photo Slame: The Exhibition" Artist Reception and Gallery Talk. 5-7 p.m. at Photoworks at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Celebrate the award-winning images from the Photo Slam

2014 by Prescott Moore Lassman, Pablo de Loy, Valerie Makepeace and Tanguy de Carbonnieres. Free. isit
www.glenechophotoworks.org.

TUESDAY/NOV. 10

STYX. 8 p.m. at The Music Center at Strathmore, 5301 Tuckerman Lane, North Bethesda. STYX gives a benefit concert for Autistic Adults and Children (CSAAC). Tickets are \$100-250. Visit www.strathmore.org.

THURSDAY/NOV. 12

Hugh Masekela Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Attend a concert given by a Grammy-nominated jazz trumpeter. Tickets are \$35-50. Visit
www.ampbystrathmore.com.

FRIDAY/NOV. 13

Storm Large Concert. 8 p.m. at AMP by Strathmore, 11810 Grand Park Ave., North Bethesda. Large brings her comedy, theater and music backgrounds to the stage. Tickets are \$30-45. Visit
www.ampbystrathmore.com.

SATURDAY/NOV. 14

Potomac Library Book Sale. 10 a.m.-1 p.m. at 10101 Glenolden Drive. Sponsored by the Friends of the Library, Potomac Chapter. Runs most months. Most hardbacks are \$1 and paperbacks are \$.50. Visit

WWW.CONNECTIONNEWSPAPERS.COM

Haunted House Created to Entertain

FROM PAGE 7

Construction starts near the end of July and continues until the end of September, and the haunted house opens at the beginning of October. Creating the haunted house each year is a time honored tradition for the staff. "A lot of people have been doing it for years," he said. "Each year there's a different theme."

The theme for this year's house is "The Nightmare Before Christmas," which was inspired by the movie of the same name.

Characters from the movie reside in rooms in the haunted house, including a two-faced mayor and a skeleton known as the "Pumpkin King." Each piece was handmade by a staff member.

"The biggest thing for me as a manager is that it is a great teambuilding project," said Davis. "So many of our staff members spent time painting it and working on it. Everybody helped."

"We use a lot of controls to make it entertaining. The mayor at the front of the house has a head that turns and a controller that controls the timing, said Davis. "We record him talking and the controller hooks to lights and there's a motion sensor."

Last year, Davis and his team built a towering kraken from the movie "Clash of the Titans" and another year he designed an X-wing star fighter from the Star Wars trilogy. The props were large enough to be seen for blocks.

The haunted house is free, but donations are accepted. All of the money collected will be donated to Light the Night, a fundraising campaign to benefit The Leukemia & Lymphoma Society (LLS).

A free movie night is planned for Saturday, Oct. 17 at 6:30 p.m., showing the "Nightmare before Christmas," with popcorn and cider. The store will be open for parents to shop. American Plant is located at 5258 River Road.

HOME SALES

In August 2015, 57 Potomac homes sold between \$6,150,000-\$1,275,000.

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10711 BURBANK DR	4	5	1	POTOMAC		\$1,710,000	Detached	2.10		20854
8908 IVERLEIGH CT	7	6	0	POTOMAC		\$1,635,000	Detached	2.00		20854
10000 HEMSWELL LN	5	4	1	POTOMAC		\$1,450,000	Detached	0.71		20854
9321 CRIMSON LEAF TER	5	4	1	POTOMAC		\$1,450,000	Detached	0.50		20854
10905 RIVERWOOD DR	5	4	1	POTOMAC		\$1,408,880	Detached	2.00		20854
6 GREAT ELM CT	5	4	1	POTOMAC		\$1,400,000	Detached	2.49		20854
11403 RIDGE MIST TER	4	4	0	POTOMAC		\$1,375,000	Detached	0.55		20854
12547 ANSIN CIRCLE DR	4	3	2	POTOMAC		\$1,355,000	Townhouse	0.05		20854
11600 LUVIE CT	5	4	1	POTOMAC		\$1,350,000	Detached	0.97		20854
9812 TIBRON CT	4	4	1	POTOMAC		\$1,275,000	Detached	0.49		20854

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SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/28/2015 Election Preview

NOVEMBER

11/4/2015 Wellbeing

11/11/2015 HomeLifeStyle

11/18/2015 A+ Camps & Schools

11/19/2015 Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015 Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015 Wellbeing

12/9/2015 Holiday Entertainment & Gift Guide II

12/9/2015 HomeLifeStyle; Home for the Holidays

12/16/2015 .. A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015 Special Issue – Safe for the Holidays

12/30/2015 Children's Connection

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21 Announcements

21 Announcements



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It's Essential, Apparently



By KENNETH B. LOURIE

From what little I know, and even less from what I read, but mostly from what I hear – from Rebecca (my certified holistic health coach) – essential oils (lemon, lavender, peppermint, frankincense, to name a few) are the possible/potential answer to many questions and conditions: insomnia, indigestion, anxiety, stress, muscle tension, and even cancer and immune system health, among many others. Unfortunately, one never knows for sure of the outcomes because, other than The Ten Commandments, especially as it concerns science and medicine, very little is written in stone. In this context, if a patient wants to pursue alternatives to standard/a.k.a. Western medicine, there are ample avenues on which to travel. Information will flow freely on the Internet, and of course, numerous books have been written outlining non-conventional treatments for pretty much anything that ails you, especially cancer. Knowing what to do is difficult – to say the least; and impossible, to say the most.

Sifting through the many choices and filtering out the advertising and self-promotion are skills with which I was not blessed. I'm fairly gullible and inclined to accept and embrace a reasonable-sounding premise. My problem is that – other than sports and chocolate, writing a column, and selling a non-tangible – I know very little about a lot of things. As such, I am ill-equipped to deal with the many issues and decisions common – and recurring, in a cancer patient's life: life and death mostly; sustaining the former and avoiding the latter in particular. And in that struggle, one is faced with many challenges. Challenges which my heretofore normal/uneventful and healthy life did not and likely could not have prepared me for, beginning with the words I unexpectedly heard from an oncologist in February, 2009: "You have stage IV, non-small cell lung cancer. I can treat you but I cannot cure you. Your prognosis is 13 months to two years." Sentences which, almost seven years later, I can still see and hear. Try falling asleep every night with that advisory/scenario rolling around in your head.

But sleeping is a must, as is being open to new/non-traditional ideas/remedies. Standing pat and/or going along with the standard program has merit certainly, and decades of success way beyond this mortal man. However, when your doctor uses the "t" word (as in terminal), standing pat no longer seems prudent – at least it didn't for me.

The incredulity of it all is almost overwhelming. It's akin to being knocked off your feet, almost literally. Eventually though, you pick yourself up emotionally and begin to consider – not that day of course (you'll note I didn't say decide) – how you're going to live the rest of your life: as a victim or as a victor. Are you going to live and learn or just wait your turn? It's an extremely personal choice and one that didn't come easily or naturally for me. The process took/takes time and one size – so to speak, does not fit all. For all I know – and it's very little, actually – I'm still alive in spite of the alternatives I've incorporated into my routine. Nevertheless, life is still going on and I am still open to adding new anti-cancer-sounding products/pursuits. Essential oils are simply the most recent tool in this cancer patient's arsenal. Will its use matter? I can only hope. But as long as I'm still in the game, I'll continue to believe that "oil's well that ends well."

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

SPORTS



Faith Kean (18) and the Churchill field hockey team won back-to-back games after falling to Wootton on Sept. 30.



Rachel Maizel and the Wootton field hockey team have won seven games in a row.

PHOTOS BY JON ROETMAN/THE ALMANAC

Churchill Field Hockey Bounces Back

The Churchill field hockey team responded to its Sept. 30 loss to Wootton back-to-back wins against Walter Johnson and Richard Montgomery.

On Oct. 8, the Bulldogs defeated Richard Montgomery 2-0. Freshman Regan Solomon and senior Madison Kanstoroom each scored a goal for Churchill. Juniors Jenny Langerman and Jocelyn Kelley had assists. Senior goalie Jennie Robinson had five saves.

SPORTS BRIEFS Two days prior, Churchill beat Walter Johnson 2-1, with goals from Kanstoroom and freshman Alexandra Sperling. Kelley, sophomore Faith Kean and junior Lauren Lipson had assists. Robinson had a save, and sophomore goalkeeper Juliet Twomey had four.

The Bulldogs (6-3) will return to action at home against Clarksburg at 5:15 p.m. on Friday, Oct. 16.



The Churchill field hockey team, seen during a Sept. 30 contest against Wootton, improved to 6-3 with wins over Walter Johnson and Richard Montgomery.

Wootton Field Hockey Extends Win Streak to 7

The Wootton field hockey team defeated Springbrook 3-2 on Oct. 12, improving its record to 11-1 while extending its win streak to seven games.

The Patriots will host Archbishop Spalding at 4 p.m. on Friday, Oct. 16.

Churchill Volleyball Improves to 14-0

The Churchill volleyball team remained undefeated with 3-1 victory over Blair on Oct. 8, improving the Bulldogs' record to

14-0. Churchill faced Northwood on Tuesday, after The Almanac's deadline. The Bulldogs will host Damascus at 6:45 p.m. on Thursday, Oct. 15, and Rockville at 6 p.m. on Monday, Oct. 19.

Churchill's Smyth Provides Offense in Loss

Churchill's Colin Smyth completed 5 of 10 passes for 112 yards and a touchdown and carried seven times for 18 yards and a score, but the Bulldogs lost to Quince Orchard 49-13 on Oct. 9 at Churchill.

The Bulldogs (1-5) will travel to face Bethesda-Chevy Chase at 6:30 p.m. on Thursday, Oct. 15.

Whitman Girls' Soccer Stays Undefeated

The Whitman girls' soccer team blanked Richard Montgomery 3-0 on Oct. 10, improving its record to 7-0.

The Vikings will host Einstein at 7:15 p.m. on Wednesday, Oct. 14, and National Cathedral at 4 p.m. on Friday, Oct. 16.

Whitman Suffers Narrow Defeat to Gaithersburg

The Whitman football team lost to Gaithersburg 28-26 on Oct. 10 at

Gaithersburg High School, dropping the Vikings' record to 2-4.

Matthew Clayton completed 15 of 33 passes for 264 yards and four touchdowns, with one interception.

Alex Hilsenrath caught six passes for 128 yards and three scores.

Wootton Football Snaps Four-Game Losing Streak

The Wootton football team defeated Rockville 28-18 on Oct. 10, snapping a four-game losing streak while improving its record to 2-4.

The Patriots will travel to face Linganore at 7 p.m. on Friday, Oct. 16.



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Doc Keane 202-441-2343



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POTOMAC, MARYLAND

Fabulous New Listing! Charming stone-front colonial on tree lined cul-de-sac. Gleaming hardwood floors. 5BR, 3.5BA. Churchill. \$738,500

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