

## LET'S TALK Real Estate



by Michael Matese

#### The Luxury Home Library

A home library is a reflection of the homeowner. Here is where you keep those books that reflect who you are and tells both friends and acquaintances the kind of interests you hold. It's the place that organizes your collections, from the modern series you've only recently discovered to the classics that you can't imagine living without. The library is a perfect place to bring your guests for a quiet evening of companionship. A mutual love of books and a good bottle of wine make for a wonderful evening with friends who share your love of the smell of leather bound first editions and the stories, poems and authors who define you. When creating your library, keep these things in mind:

- For ease of use, consider floor to ceiling bookshelves with a rolling ladder.
- Dark wood shows off the precious books you've collected through the years.
- Wood or stone flooring protected by beautiful, collectible area rugs adds to any library's ambience.
- Your personal writing desk, accompanied by the perfect comfortable chair, allows your library a dual function as a working area as well as a place to relax and read.
- Choose lamps that give off just the right amount of light for reading through the night or composing that perfect letter.
- Comfortable chairs placed on either side of the perfect end table make a library a social room for nightcaps and conversation as well as for solitary reading.

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

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### Out & About

## Swing into a Cool Summer Adventure

## Expect a few shrieks at Go Ape.

By Susan Belford The Almanac

any have most-likely shrieked a howling Tarzan scream when leaping from a high rock, swinging wildly on a rope, or climbing as high as possible up a tree — and then jumping. Now, in the jungle-like forest of near-by Rock Creek Regional Park in Rockville, adventure seekers can release their pent-up adrenalin and once again connect with their inner Tarzan.

Go Ape is a high-adventure obstacle course featuring rope ladders, zip lines, a zip-line skateboard, lofty plank crossings and challenges taking one higher and higher into the forest.

The two-to-three hour quest dares participants to conquer their inner fears and face physical challenges by zipping down lines, crawling up rope ladders, hanging onto suspension ropes and more. The course is safe; instructors see to it that safety harnesses fit and are tightened correctly, that participants are trained in the use of the lines and carabiners and that participants are connected by three devices at all times .

Go Ape Treetop Adventures is a national company with 14 locations and more on the way — all in forested, publically-owned parks. The company was founded six years ago by Dan and Jenny D'Agostino and Chris Swallow. Dan D'Agostino, who grew up in Derwood, met Swallow, a Reston, Va. native, while both were employed by Booz Allen.

The three had a vision of creating a business model which would not only be successful, but also allow them the opportunity to give back. They stumbled upon a network of zipline and aerial adventure courses in the United Kingdom, developed a business plan to partner with national and local park systems and established their first Go Ape USA course in Rockville. Their national headquarters is located in Frederick, Md. with "Go Ape" locations in Connecticut, Delaware, Chicago, Louisville, Raleigh, Cleveland, Pittsburgh, Williamsburg, Texas, Myrtle Beach, Indianapolis, St. Louis and Kansas City, Mo.



Go Ape Treetop Adventures sends participants zipping through trees in several public parks like Rock Creek Regional Park in Rockville.

"Our partnership with the parks has worked out incredibly well," Swallow said. "We provide the capital investment and design, build and operate each course.

One of our goals is to sustain the environment and maintain the natural landscape. We work with a French designer who has drafted over 500 courses.

Each course is different, depending on the topography and natural elements of the park. We place as light a footprint as possible in the park, but we also make certain that the design makes sense from an operational viewpoint. The parks pay nothing, but receive a percentage of each ticket sale to reinvest back in their communities."

"Go Ape" has reinvested over \$645,000 into public parks. Its stewardship activities support community-based groups working to preserve the environments in their own backyards. Some of the environmental projects they have supported include cleanups at their Lums Pond and Rock Creek locations, the removal of nonnative species, maintaining trails throughout

the parks and creating new ones, leaving snags for wildlife, and building bird and bat boxes.

When they founded Go Ape, the three were also motivated to give back to non-profit organizations such as the Wounded Warrior Project, Big Brothers and Big Sisters, Baltimore City Kids Wilderness and Montgomery County Destination Outdoors by providing free or discounted access to their Treetop Adventure Course. "It's really gratifying to see the confidence that our challengers build as they complete the course," said Swallow. "They go from saying 'I can't' to finding out 'They can!"

The Treetop Adventure course is open to gorillas and baboons (or people too) 10 or over who are at least 55 inches tall.

A Treetop Junior course, designed for chimpanzees or mini-Tarzans is available for younger children.

The cost is dependent on the course. Prices, supervision requirements, waivers and more information are available on www.goape.com. Reservations are essential on the weekend and preferable during the week.

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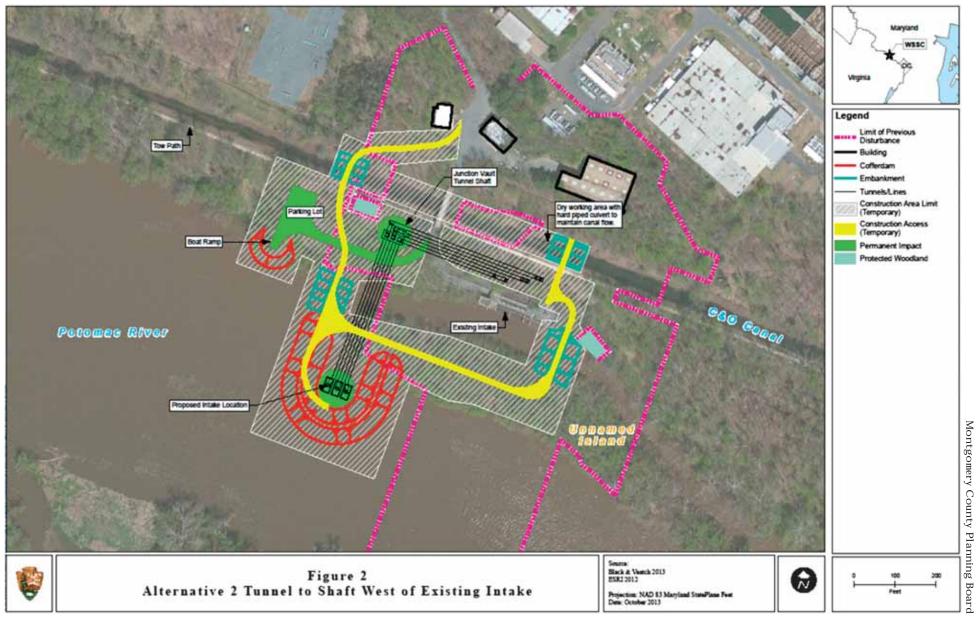
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or to info@PotomacCommunityVillage.org

see all the details at www.PotomacCommunityVillage.org

## News



The project's currently preferred layout plan for the new intake.

## Seeking Cleaner Water from Middle of River

### Residents hear proposal for adding new offshore water intake.

By Aaron Hwang The Almanac

M

any don't worry about where their water comes from, but as part of the Washington Suburban Sanitary Commission (WSSC), it's Simon Baidoo's job to worry. For the last decade Baidoo has been project manager over one proposal in particular: adding a new offshore intake to the Potomac Water Filtration Plant.

The plant, which overlooks the Potomac,

draws and treats up to 400 million gallons of water from the river each day, distributing drinking water to nearly 2 million people in Montgomery and Prince George's counties. Its current intake is situated by Swains Lock of the C&O Canal, and draws water from the Potomac's shore, at a point

where an unnamed island creates a natural sort of funnel. This intake has served the plant since its construction in 1989, but in May of 2002 a source water assessment convinced the WSSC to take another look.

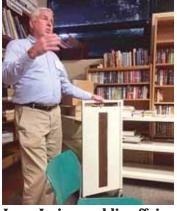
"The assessment found that the source See Debating, Page 11



Simon Baidoo, project manager at Washington Suburban Sanitary Commission, presents opening remarks at last week's public meeting.



Suzie Boltz of EA Engineering, Science, and Technology, Inc. presents the various plans in consideration.



Jerry Irvine, public affairs manager for Washington Suburban Sanitary Commission, helps to explain a few points.



Kevin Brandt, park superintendent C&O Canal National Historical Park, provided his expertise, and listened to public concerns.

### Home LifeStyle



A Potomac kitchen was lightened, brightened and redesigned by Rill Architects to give the home's owners to a connection to their natural surroundings.



Natural lighting and white cabinetry helped transform this kitchen, by Case Design Build, Inc. into light and airy space.

## Bright White White kitchens are a trend with staying power.

By Marilyn Campbell The Almanac

he clean, crisp look of a white kitchen has stay ing power and versatil ity, according to the National Kitchen and Bath Association. The organization reports that white cabinetry is the top choice for 67 percent of its members. In fact, the percentage of homeowners requesting white kitchens has increased by 20 percent over the past two years.

The trend is also apparent locally, said designers. When a family of five returned to the Washington, D.C. area after spending 30 years in the U.S. Foreign Service, they settled into their home in Bethesda, a 1960 brick Dutch colonial that they purchased in 1986. They decided to give the home a makeover because, after being a rental for many years, it felt dated and dingy. The family felt that the kitchen was old, dark and closed-off from the living room. They needed a larger space to accommodate their family of five.

The homeowners knew they wanted the new kitchen space to be free flowing and light-filled. They also wanted to incorporate some of their existing furniture, such as an antique table and chairs.

Designed by Bruce Wentworth of Wentworth Inc., the new kitchen is sunny and spacious. It includes white cabinetry and an island with dark gray granite countertops. A large stainless sink, dishwasher, pull-out trash and bookcase for cookbooks make the island functional. Facing the dining room is a shallow cabinet

4 \* Potomac Almanac \* July 20-26, 2016

A large picture window is the focal point of this white kitchen by Anthony Wilder Design Build, Inc.

with mullioned glass doors.

Granite tops the counters in the remainder of the kitchen and white cabinetry home decided to update their dark and

houses a subzero refrigerator, microwave drawer, small prep sink and a gas range with a stainless steel range hood. "Wall cabinets

"The white kitchen is classic and timeless. It can work with most color accent palettes." — Allie Mann, Case Design Build, Inc.

with clear glass mullioned cabinet doors [give] visual depth and make space feel crisp and airy aesthetic. The new, open con-

room with a

When the owners of an Arlington, Va.

dated kitchen.

they opened the

space to the liv-

ing and dining

added natural

lighting and

white cabinetry.

The result was a

and

rooms

larger," said Wentworth.

cept allows the homeowners to better interact with family and friends.

"Prior to the remodel, the kitchen was essentially closed off to the rest of the home," said April Case Underwood of Case Design/Remodeling. "I think the grouping of materials the client selected with us are unique, definitely not cookiecutter, and these make the space really interesting," Underwood said.

Among the fixtures, accessories and materials used are Caesarstone countertops, a marble and granite backsplash and reclaimed shelving, provided by homeowners, which, 'made the kitchen look more unique and gave it an eclectic feel," said Underwood.

"I think in general the perfect combination of the various materials, from smooth and glossy to rough and textured, is simple but interesting and shows beautifully," said Underwood.

A large picture window overlooking an expansive backyard is the focal point of a white kitchen in

Falls Church, Va. When the homeowners decided to renovate and expand the space, they enlisted the help of designer Keira St. Claire of Anthony Wilder Design Build, Inc. The project included adding additional space to the back of the house and removing a wall between the kitchen and the din-

"Although we opened up the wall between the kitchen and dining room, one challenge was maintaining a distinction between the two spaces, which was important to the client," said St. Claire. "In order to create a

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www.ConnectionNewspapers.com

### Home LifeStyle

### Trend of White Kitchens

feeling of separation, while preserving the sense of openness ... [we designed] a custom glass cabinet piece, which is accessible from both rooms," said St. Claire.

The new unit gives the homeowners extra storage and a place to display their crystal. Sunlight from the new picture window in the kitchen reflects off the crystal stemware and refracts, causing both rooms to glisten with radiant, natural light.

White cabinetry was contrasted against dark wood as part of a kitchen renovation in Centreville, Va. While the basic layout of the kitchen remained the same, the space, which was designed by Allie Mann of Case Design Build, Inc., was brightened with white cabinetry, a built-in pantry and a custom cherry wood island. "The white kitchen is classic and timeless," said Mann. "It can work with most color accent palettes."

A cramped and dark Potomac kitchen was lightened, brightened and redesigned to give the home's owners a connection to their natural surroundings, which included a landscaped yard created for outdoor entertaining.

The kitchen was designed by Jim Rill of Rill Architects who added a working island around which the family can gather and prepare

meals. He described the new look as a, "simple clean design with subtle elegance." "



In this kitchen, designed by Wentworth, Inc. a cabinet with mullioned glass doors face the dining room.

and a place for everything, so kitchen could be cleaned up and used an entertaining area," Rill said.

The family wanted a white kitchen, he said, because it, "creates a great backdrop for art and accen-We added functional space with lots of windows tuates the exterior colors of spring, winter and fall."



White cabinetry is contrasted against dark wood in this Centreville, Va. kitchen by Case Design Build, Inc.



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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**

Outdoor Yoga Class. Saturdays through Sept., 9-10 a.m. behind Lahinch Tavern & Grill, 7747 Tuckerman Lane, Potomac. The classes are led by instructors from Blue Heron Wellness in Silver Spring and are open to people from beginner to experienced. Free. Visit www.facebook.com/ShopCabinJohn/

**Thursday Evening Concerts.** 

Thursdays through July, 6-8 p.m. at Veterans Park, 7800 Woodmont Ave., Bethesda. The concerts offer a diverse range of music including rock, funk, jazz, swing, and reggae. Free. Visit www.bethesda.org for

"Frame the Lawyers." Through July 29, gallery hours at Washington ArtWorks, 12276 Wilkins Avenue, Rockville. Washington ArtWorks in Rockville is hosting "Frame the Lawyers," a juried gallery exhibition of artwork by current and retired lawyers and law students in the D.C. area. Free. Visit www.washingtonartworks.org for

Photo Exhibit: "Vastness of Space." Through Aug. 14, 12-4 p.m. Saturdays, 12-8 p.m. Sundays at Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Photographers John R. Cooper and Andrew Currie partner for this exhibit. Free. Visit www.glenechophotoworks.org for

Call for Artwork. Through Aug. 15. Art at large Inc. in collaboration with VisArts, ArtWalk, and the Shelter Group Brightview project invite you to participate in a piece of permanent public art. There is no cost for entry; maximum of five pieces per entrant. Visit visarts.submittable.com/submit/

58437 for more.

"Jumanji." Through Aug. 28, various times at Adventure Theatre MTC, 7300 MacArthur Blvd., Glen Echo. When Judy and Peter find a mysterious old board game, they play it, hoping to alleviate their boredom. One live lion, an erupting volcano, and a dozen destructive monkeys later, the children are no longer bored. Tickets are \$19.50. Visit www.adventuretheatre-mtc.org for

Canal Boat Excursions. April-Oct., Saturday and Sunday, 11 a.m., 1:30 p.m., and 3 p.m. at Great Falls Tavern Visitor Center of the Chesapeake and Ohio Canal National Historical Park, 11710 MacArthur Blvd., Potomac. Go on a 19th-century mule-drawn canal boat excursion. Hear tales of what life was like for the families who lived and worked on the canal. Tickets are \$8 for adults (ages 16-61), \$6 for seniors (ages 62 +), and \$5 for children (ages 4-15). Call 301-767-3714 for more.

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 locator.barnesandnoble.com/event/

4824850-21.

**VisArts Cocktails and Canvas** 

Class. at VisArts in the Painting & Drawing Studio, 155 Gibbs St., Rockville. Price \$40. Visit www.visartsatrockville.org/cocktailsand-canvas for more.

Thang Ta. Wednesdays, 6-7 p.m. at Sutradhar Institute of Dance and Related Arts, 1525 Forest Glen Road, Silver Spring. Learn the ancient art of the sword and spear. \$25. Visit www.dancesidra.org.

Weekly Blues Dance. Thursdays 8:15-11:30 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd. Capital Blues presents rotating DJs and instructors with beginner workshop 8:15-9 p.m., no partner necessary. \$8 for all. Visit capitalblues.org for more.

Weekly Swing Dance. Saturdays, 8 p.m.-midnight. The DC Lindy Exchange presents a swing dance with live music in the Spanish Ballroom, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Beginner swing dance lesson at 8 p.m., followed by dancing. Admission \$16-\$18, age 17 and under \$12. Visit www.glenechopark.org for more.

**Argentine Tango with Lessons.** Most Sundays, 6:30-11 p.m. in the Back Room Annex at Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Argentine Tango lessons followed by a Milonga most Sunday evenings. Beginner lesson 6:30-7:30 p.m. and intermediate lesson 7:30-8:30 p.m. Cost is \$15/lesson and includes the Milonga. For just the Milonga, cost is \$10 and the open dance with DJ runs 8:30-11 p.m. No partner required. Visit www.glenechopark.org or call 301-634-2222 for more.

Contra and Square Dance. Fridays and Sundays 7-10:30 p.m. in the Spanish Ballroom at Glen Echo Park, 7300 MacArthur Blvd. The evening can include square dances, mixers, waltzes and other couple dances. All Contra and Square dances are taught, no partner necessary. Lessons at 7 p.m., followed by the called dance with live music at 7:30. \$13 for nonmembers, \$10 for FSGW members, \$5 ages 17 and under. Visit www.glenechopark.org or call 301-634-2222 for more.

Late Night Comedy. Fridays (open mic night) and Saturdays (established comedians) at Benny's Bar & Grill, 7747 Tuckerman Lane, Potomac. Benny's is open 8 a.m.-1 a.m. Fridays and Saturdays. Visit

www.BennysBarGrill.com. **Drop in Art Activities.** Every Saturday 10 a.m.-12:30 p.m. in the Candy Čorner Studio at Glen Echo Park, 7300 MacArthur Blvd., parents and children can explore a new art form or theme. \$10/child, parent combo. Drop-in only. Visit

www.pgip.org for more.

Mommy & Me (& Daddy, Too). Third Tuesday each month. 10 a.m. at Rockville Town Square. Meet for a morning out with active learning and creative play with lunch specials, story time, arts and crafts, sing-alongs, prizes and more. Visit rockvilletownsquare.com/events/ mommy-and-me.

Live Music & Dancing. Fridays and Saturdays, 7-11 p.m. in Margery's Lounge, Normandie Farm Restaurant 10710 Falls Road. Dance to the music of Barry Gurley. Call 301-983-8838 or visit www.popovers.com for more.

Chocolate Factory Tours. Fridays and Saturdays, 2-5:45 p.m. at SPAGnVOLA Chocolatier, 360 Main St., Gaithersburg. Take a short tour of The Truffle Factory facilities. Free.

Visit www.spagnvola.com.

Glen Echo Park Films. Saturdays and Sundays. Arcade Building, 7300 MacArthur Blvd., Glen Echo. Films about the Park's history are shown on rotation in the lobby. Free, Visit www.glenechopark.org for more.

SilverWorks Studio & Gallery. and Sundays, 10 a.m.-6 p.m. Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. SilverWorks Studio & Gallery is a working silversmith studio and includes an ongoing exhibition, as well as sales of the work of artist-in-residence Blair Anderson. Free. Visit

www.silverworksglenechopark.com. Art Glass Center at Glen Echo. All day Wednesdays; Fridays, 10 a.m.-2 p.m.; Saturdays, 10 a.m.-4 p.m.; Sundays, noon-4 p.m. Art Glass Center, Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Ongoing exhibitions feature work of resident artists. Sculpture, vessels, functional art and jewelry for sale. Classes are taught year-round for beginner, intermediate and advanced students.

www.artglasscenteratglenecho.org. Yellow Barn Studio & Gallery. Saturdays and Sundays, 12-5 p.m. The Yellow Barn Studio & Gallery presents free exhibitions of emerging artists' work. Each weekend features the work of a different artist. Most artwork is also for sale. Visit www.yellowbarnstudio.com.

**Acoustic Open Mic**. Wednesdays, 7-11 p.m. at Benny's Bar & Grill, 7747 Tuckerman Lane. Everyone welcome to perform. Wine bottles are 50 percent off. Visit www.bennysbargrill.com.

Potomac Games Group.

Wednesdays, 6:30 p.m. at Potomac Community Recreation Center, 11315 Falls Road, Potomac. The world is in the midst of a Golden Age of new board and card games for players of all ages. Free. Contact event host Randy Hoffman at 412-983-5411 or wrandyhoffman@gmail.com.

#### **CAMPS, CLASSES & WORKSHOPS**

**Art Explorers Open Studio.** Every Saturday, 10 a.m.-12:30 p.m. at The Candy Corner Studio, 7300 MacArthur Blvd., Glen Echo. Art activities for parents and children. Activities change weekly and there is no pre-registration; \$10 per child. Visit www.glenechopark.org/ saturday-art-explorers for more.

**Ceramic Classes.** Various dates and times. VisArts, 155 Gibbs St, Rockville. An opportunity to try the new ceramic workshops. Visit www.visartsatrockville.org/ceramics for a list of class dates, times.

#### THURSDAY/JULY 21

Shazam Magic. 11 a.m.-12 p.m. at Potomac Library, 10101 Glenolden Drive. Peter Woods reveals artifacts and stories of his travels, feats of xray vision, and mysterious paper that's lighted than air Call 240-777 0690 or visit www.montgomerycountymd.gov/

library/branches/potomac.html.

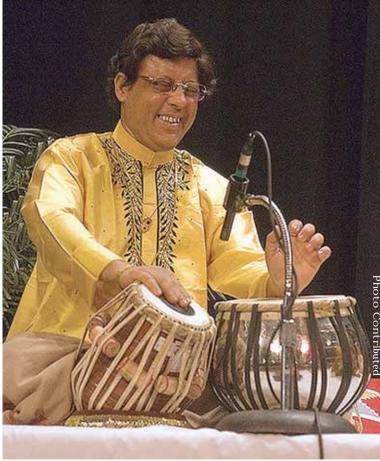
#### FRIDAY/JULY 22

**Basketball Skills Training.** 5:30-7 p.m. at Scotland Neighborhood Recreation Center, 7700 Scotland Drive, Potomac. Learn basketball fundamentals and participate in basketball tournament style games. All ages welcome. Free. Call 240-777-8075.

Landau Rebuild West Virginia Benefit Concert. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. In response to flooding in his home state of West Virginia, "America's Got Talent" winner Landau Eugene Murphy Jr. is teaming up with Bethesda Blues and Jazz Club for a benefit. Tickets are \$25. Visit www.bethesdabluesjazz.com or call 240-330-4500.

#### FRIDAY-SUNDAY/JULY 22-24

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond



The Washington Conservatory of Music presents "A Celebration of North Indian Classical Music" featuring Tabla player Pandit Anindo Chatterjee (pictured here), with Ramesh Misra and Alif Laila at 7:30 pm on Saturday, July 30 at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. Free, \$20 suggested donation. Visit www.washingtonconservatory.org.

Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more

#### SATURDAY/JULY 23

Music n' Motion. 11 a.m. at Bethesda Library, 7400 Arlington Road. Join performer Tracey Eldridge for interactive musical activities including sing-alongs and story songs with puppetry. Free. Call 240-777-

0970 for more. **Author Event: Josh Funk.** 1 p.m. at Barnes & Noble, 4801 Bethesda Ave., Bethesda. Author Josh Funk discusses and reads from "Lady Pancake & Sir French Toast. Free. Call 301-986-1761 for more.

#### SATURDAY-SUNDAY/JULY 23-24 Farm Tour & Harvest Sale. Various

times at various locations in Montgomery County. Montgomery County celebrates its agricultural heritage by promoting local farms, and inviting patrons to partake in seasonally fresh food. Admission prices vary based on farm. Visit www.montgomercountrymd.gov/ agservices/agfarmtour.html for a full schedule.

#### **JULY 23-AUG. 28**

Exhibit: "Triple Vision." 12-6 p.m. Saturday and Sunday at Glen Echo Park - Popcorn Gallery, 7300 MacArthur Blvd, Glen Echo. The exhibition features works from Mimi Betz, Marylouise Roach, and Madeleine Schaller. For this show. they have prepared several paintings

that are three visions of the same subject, and other paintings displaying their individual interests. Free. Visit www.glenechopark.org for

"Rising Scaffold." 12-6 p.m. Saturdays and Sundays at Glen Echo Park – Stone Tower Gallery, 7300 MacArthur Blvd, Glen Echo. This sitespecific installation of wire sculpture emerges from the floor of the Stone Tower Gallery to make a rising tide of dimensional linework. Free. Visit www.glenechopark.org for more.

"Movement and Balance: Abstract Drawings of an Internal Life." 12-6 p.m. Monday-Saturday at Glen Echo Park – Park View Gallery, 7300 MacArthur Blvd, Glen Echo. Ěach piece is an expression of an internal personal challenge that is described through a multi-layered tableau. The use of rhythm, movement and balance helps to illustrate each story. A solo exhibit by Heidi Sheppard. Free. Visit www.glenechopark.org.

#### SUNDAY/JULY 24

**Illustration Class For Teens &** Adults. 1-4 p.m. at The Mansion at Strathmore, 10701 Rockville Pike. Illustrator Jennifer O'Connell explores topics like storyboarding and planning a book. Tickets are \$35.

Visit www.strathmore.org.

#### MONDAY/JULY 25

Farm-To-Table Wine Dinner. 6-8 p.m. at Mon Ami Gabi, 7239 Woodmont Ave, Bethesda. Join **Executive Chef Andrew Fleischauer** for an interactive dinner featuring five-courses showcasing fresh produce and ingredients from

### Entertainment

Westmoreland Berry Farm, Liberty Tree Farms and Earth N Eats Farm. The cost is \$80 per guest (tax and gratuity not included). Call 301-654-1234 for reservations.

#### **TUESDAY/JULY 26**

Jazz Meets Korea. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Two Korean music groups, The World Music Group SE:UM and the Youngjoo Song Trio, meet for the first time in this joint performance introducing Korean jazz blended with traditional American styles. Tickets are \$20. Visit www.bethesdabluesjazz.com or call

#### THURSDAY/JULY 28

Tickets are \$32. Visit

240-330-4500.

Paper Source Craft Social: Mod Card Crafting. 6-8 p.m. at Paper Source, 4805 Bethesda Ave., Bethesda. You will make four mod cards and a floral pouch from the art prints using a variation of techniques and tools. Learn to collage, stamp, heat emboss, use a goodie bag making tool, and make envelopes.

www.papersource.com for more.

Molly Ringwald. 8 p.m. at Bethesda
Blues and Jazz, 7719 Wisconsin Ave.,
Bethesda. Former teen actress sings
jazz accompanied by Dave Damiani &
The No Vacancy Orchestra. Tickets
are \$35. Visit
www.bethesdabluesjazz.com.

#### FRIDAY/JULY 29

The Chuck Brown Band. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. The Chuck Brown Band continues to keep the legacy alive by performing all your Chuck Brown and Go-Go favorites. Tickets are \$25. Visit www.bethesdabluesjazz.com.

#### FRIDAY-SUNDAY/JULY 29-31

"The Lady With the Little Dog." 8 p.m. Friday-Saturday, 2 p.m. Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.

#### SATURDAY/JULY 30

A Celebration of North Indian

Classical Music. 7:30 p.m. at Westmoreland Congregational UCC Church, 1 Westmoreland Circle, Bethesda. The Washington Conservatory of Music presents "A Celebration of North Indian Classical Music" featuring Tabla Maestro Pandit Anindo Chatterjee, with Ramesh Misra, and Alif Laila. Free. Visit

www.washingtonconservatory.org.

Swing Dance. 8 p.m.-12 a.m. at Glen
Echo Park – Spanish Ballroom, 7300
MacArthur Blvd., Glen Echo.
American Swing presents a swing
dance with live music by the Glenn
Miller Orchestra in the historic
Spanish Ballroom. Tickets are \$20.
Visit www.glenechopark.org or call
301-634-2222.

The Fabulous Thunderbirds. 8 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. Live music. Tickets are \$35. Visit www.bethesdabluesjazz.com.

#### SATURDAY-SUNDAY/JULY 30-31

Civil War Encampment. 9 a.m.-4:30 p.m. at C&O Canal Great Falls Tavern Visitor Center, 1710 MacArthur Blvd., Potomac. The Civil War living history encampment will offer both formal and informal programs. Visitors are invited to walk through the camp and talk to the re-enactors throughout the weekend. Free. Visit www.nps.gov/choh for more.

#### SUNDAY/JULY 31

"Harry Potter and the Cursed Child Celebration." 9 a.m. at Barnes & Noble, 4801 Bethesda Ave., Bethesda. Celebrate the release of "Harry Potter and the Cursed Child." Free. Call 301-986-1761 for more.

Ballroom Dance. 3-6 p.m. at Glen Echo Park – Spanish Ballroom, 7300 MacArthur Blvd., Glen Echo. Attend Mike's Ballroom Blast – featuring Mike Surratt & the ECB playing a wide variety of dance music to include Foxtrot, Rumba, Samba, Mambo, Tango, Cha-Cha, Merengue, Waltz, Swing, and more. Tickets are \$10. Visit www.glenechopark.org or call 301-634-2222.

Merle Haggard Tribute. 7:30 p.m. at Bethesda Blues and Jazz, 7719 Wisconsin Ave., Bethesda. A thorough look at the music of one of the greatest songwriters in American history. Tickets are \$15-30. Visit www.bethesdabluesjazz.com or call 240-330-4500.

#### MONDAY/AUG. 1

Legomasters. 3:30 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Children are invited to play with two large tubs of Legos. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/ library/branches/potomac.html.

#### TUESDAY/AUG. 2

Cooking Class: Tapas. 7 p.m. at Jaleo, 7271 Woodmont Ave, Bethesda. Chef Robbie will show the proper cleaning, prep and cooking techniques for tapas featuring seasonal ingredients, including Fried Green Tomatoes with Valdeón Cheese, Gazpacho and Tomato Confit. Tickets are \$75. Email christopherb@jaleo.com for more.

#### WEDNESDAY/AUG. 3

Senior Movie at Montgomery: "Hook." 10 a.m. at Montgomery Mall, 7101 Democracy Blvd., Bethesda. Free. Call 240-773-6728.

#### THURSDAY/AUG. 4

**Barefoot Puppets Present** 

"Trickster Tales." 10:30 a.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Meet Anansi the Spider and learn some of his tricks. This puppet show is for children ages 3 and older. Free. Visit www.montgomerycountymd.gov/

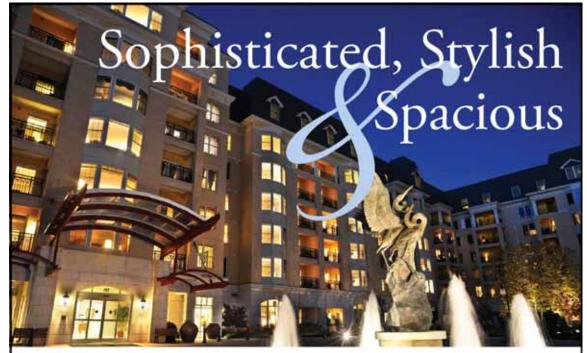
library/branches/bethesda.html. **Kids are Scientists Too.** 10:30-11:30
a.m. at Potomac Library, 10101
Glenolden Drive. Learn about
interactive demonstrations on how
the digestive system works — and
make a craft to take home. Free. Visit
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#### FRIDAY-SUNDAY/AUG. 5-7

"The Lady With the Little Dog." 8

p.m. Friday-Saturday, 2 p.m. Saturday-Sunday at The Writer's Center, 4508 Walsh St., Bethesda. Two strangers in 1901 Yalta, one seeking to escape his boring Moscow routine, the other in quest of a meaningful life beyond Saratov, discover what they have been searching for in each other. Tickets are \$30, \$25 for seniors, \$15 for students. Visit qtclady.bpt.me or call 301-816-1023 for more.



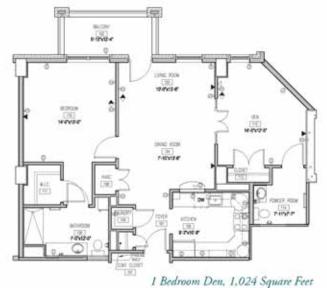


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**1** 9325 Sprinklewood Lane — \$1,276,000



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Addres	ss <i>E</i>	BR FB HB	Postal City .	. Sold Price	Туре	Lot AC Po	stalCode	Subdivision	Date Sold
932	25 SPRINKLEWOOD LN	5 4 . 1	. POTOMAC .	\$1,276,000	Detached	. 0.30	20854	PINE KNOLLS	05/09/16
2 129	904 BRUSHWOOD TER	5 4 . 1	. POTOMAC .	\$1,275,000	Detached	. 2.00	20854 7	TRAVILAH MEADOWS	05/16/16

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**10516 Stable Lane — \$1,272,500** 

# Creating a College Packing List

# Sorting out the essential from the unnecessary.

By Marilyn Campbell The Almanac

hen a Chantilly, Va. family prepared to send their daughter to college, their process was threefold: packing up her childhood bedroom, setting up her college dorm room and getting organized in the process. They enlisted the help of professional organizer Jodie Campbell Jacobs of SOUPerior Organizing in Springfield, Va. Jacobs discarded, preserved and streamlined, helping the family create a list of items that their daughter would need for college.

"I helped them clean out what they already had so they could get a better

You don't want to have two televisions in a dorm room. Be sure to communicate with your roommate before moving in."

> Yolanda Gibson, D.A, Marymount University

idea of what they needed to bring to school," said Jacobs. "I told her not to bring too much personal stuff. Going off to college is a new chapter in your life and you want to decorate the new space for the new stage."

Though it is the middle of summer, many families are preparing their rising college freshmen for a new school environment and the requisite lifestyle adjustments: sharing a cramped living space, awkward walks down a hallway to a shared shower and doing one's own laundry.

A COLLEGE PACKING LIST can help or-



College students move into a residence hall at Marymount University.

ganize the transition, but students should find out before arriving on campus the items that are necessary, such as a microwave oven, mini-refrigerator, television, bed linens and laundry bags, as well as those that are questionable, such as extension cords, multi-plug adapters and toaster ovens.

"Students frequently arrive on campus bringing their pet, such as a snake, turtle or dog," said Yolanda Gibson, D.A., associate dean of First Year Experience at Marymount University in Arlington, Va. "Unless you have an approved service animal, be mindful of your community and roommate. Also, most college campuses won't allow you to burn items, such as candles and incense."

Gibson, who is in the midst of coordinating new student orientations for Marymount, recommends that freshmen get a packing list from their university or college and reach out to the person with whom they'll be living.

"Students often come to campus with televisions without consulting their roommate," said Gibson. "You don't want to have two televisions in a dorm room. Be sure to communicate with your roommate before moving in"

When it comes to deciding what goes on a packing list, professional organizer Susan

Unger of ClutterSOS suggests starting with a generic list, such as one created by one's college or a home merchandise store. "There's no need to reinvent the wheel, you can start with one of those and then personalize it to your own needs," she said.

One factor to consider when creating a packing list is the distance between one's hometown and their college campus, says Jacobs. "If you live within driving distance, for example, you can think seasonally and only bring what you need until your next visit home then swap out items," she said. "Don't bring a ton of sweaters that are going to take up space if you don't need them right away."

Organization is critical to managing a significant downsize, such as moving out of family home into a shared residence hall, said Jacobs.

"Maximize the space you have," she said.
"When it comes to sharing a dorm room or bedroom in an apartment, look at all the unused space that you normally look past, like the space under the bed."

Risers, for example, can elevate a bed creating space for stackable storage bins that hold items such as extra towels, sheets and clothing. "These things allow you to maximize every use of space possible without causing a traffic jam," said Jacobs. "You

can't build more space, but you can maximize the space you have."

Jacobs also advises resisting the urge to super-size. "You don't necessarily need the Costco size of shampoo, you can buy more whenever you need it," she said.

Think vertically advises Unger. "For example, use the backs of doors to hang a shoe organizer," she said. "These can be used for items other than shoes such as toiletries, snacks and school supplies. Consider using hanging shelves in your closet for the folded clothing. Use a double hanging rod to double your hanging space.

Use a shower caddy to corral all your bathing needs." One of those shower items might be a pair of waterproof thongs since many students will have to share a communal bathroom.

Since dorm living means sharing a space, make sure all personal items are identifiable. "Be sure to label everything, especially things like phone chargers since they can easily get mixed up," said Unger.

Both Unger and Jacobs recommend hooks that attach to a wall with an adhesive. "They can be removed later with no wall damage," said Unger.

**ONE ITEM** that Jacobs says many people don't think about is a lockbox or safe that is fireproof and waterproof. "Keep documents like your social security card, certain medications and anything that you consider valuable," said Jacobs. "Since most freshman are going to live in a shared space, a lot of people will be going in an out of your dorm room or apartment, so it's great to have a space to put your lockbox where only you have access to it."

Jacobs suggests storing that safe or lockbox in a place that is out of view and inconspicuous. "If someone goes looking, it's not the first thing they will find," she said. "You can put it on closet shelf under a stack of sweaters or under the bed in a storage bin."

Finally, not all shopping needs to be done in advance. "Our word of advice is to wait to purchase some of the items until you get here," said Joey Allen, communication and events manager, Housing and Residence Life at George Mason University in Fairfax, Va. "There is usually time on move in day and the days after to go shopping for items."

#### School Notes

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

**Barth-Luther Mouafo**, of Potomac, was named to the University of Akron (Akron, Ohio) dean's list for the spring 2016 semester.

**Jing Liang**, of Potomac, graduated from Union College (Schenectady, N.Y.) with a Bachelor of Arts degree in political science and Russian and eastern European studies.

Ethan Goldberger, of Potomac,

has graduated from Lycoming College (Williamsport, Pa.) with a Bachelor of Arts degree in criminal justice.

The following Potomac residents graduated from Miami University (Oxford, Ohio) in spring 2016: Mairin Hall, Bachelor of Arts, majoring in strategic communication; Erin Holden, Bachelor of Arts, majoring in mass communication; Bo Miller, Bachelor of Science in Business, majoring in finance; and Caroline Thayer, Bachelor of Arts, majoring in strategic communication.

Alden Knife, of Potomac, was

named to the Marist College (Poughkeepsie, N.Y.) dean's list for the spring 2016 semester. Knife is a member of the class of 2017 and is majoring in educational psychology-childhood 1-6.

**Marisa Postal**, of Potomac, was named to the dean's list at Miami University (Oxford, Oh.) for the spring 2016 semester.

**Abigail Berman** and **Alexandra Wiener**, both of Potomac, were named to the dean's list at the University of Delaware (Newark, Del.) for the spring 2016 semester.

Noelle Dayal and Emily Matthews, both of Potomac, were named to the dean's list at the University of the Sciences (Philadelphia, Pa.) for the spring 2016 semester. Dayal is a biomedical sciences student. Matthews is a doctor of physical therapy student.

**Kyle Campbell** of Potomac was named to the Spring 2016 Dean's List for the College of Arts and Humanities, University of Maryland, College Park.

**Harry Lichtman**, of Potomac was named to the dean's list at Frostburg State University for the spring 2016 se**Laura Schiller**, of Potomac, graduated from Ithaca College (Ithaca, N.Y.).

Four Potomac students have won College-sponsored National Merit Scholarships.

Walt Whitman (sponsored by Emory University): Elana Shaw plans to study medicine.

❖ Thomas S. Wootton High School (sponsored by University of Maryland): **Paula Manis** plans to study medicine.

**Eileen Stauffer** plans to study physics. **George Wu** plans to study business.

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I believe the future is only the past again, entered through another gate. -Arthur Wing **Pinero** 

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### Before, During And Not Yet After



By KENNETH B. LOURIE

It's a peculiar task to be writing ahead (for publication July 20, 2016), about something that has not happened, yet when this column ultimately does publish will have likely already happened. This "bassackward" perspective (and Colorado "Blue" run) refers to the CT Scan I had completed last Wednesday, July 13, results of which I will learn anywhere from two days from now (electronically) at the quickest to two weeks at the latest (when my next face-to-face appointment with my oncologist is scheduled). And yes, if you think two weeks is a long time (interminable comes to mind) to ponder your fate and the universe in which you hope to still live, it most definitely is. But given the nature of the medical system/appointment availability with which I have to work, I have limited say in the matter, a matter of crucial importance - to me.

However, after seven-plus years of it, I've gotten use to (I wouldn't say comfortable though) the process. Is it my preference to wait for fate and allow medical nature to take its course? Hardly. Have I been told (and experienced quite frankly), that if there is significant, time-sensitive, potentially life-changing information to relate, I will be informed much sooner than later? Absolutely. (During the original diagnostic assessment of the migrating pain in my ribs.) Is there/ has been there room for misinterpretation in the silence/lack of communication from one's oncologist when said oncologist has said he prefers to deliver bad news in person - not electronically and/or over the phone? Of course. What if, and I found out after the "interminable" wait (which happened to me yesterday at my infusion, as a matter of coincidence) that my doctor is actually away on vacation during this post-scan week and the non-communication has nothing at all to do with "bad results wanting to be delivered in person?" Moreover, what happens to my level of expectation when the oncologist has good news to share about my scan and in turn breaks his own rule about wanting to inform me in person, generally, and e-mails me early with good news? Happiness, relief, obviously. But what happens on subsequent scans (like now) when he doesn't e-mail me early? What if I didn't know he was on vacation or at a medical conference, as another example, which has also happened? I never know. Or has the doctor decided he wants to deliver all news in person to eliminate ANY possible misinterpretation of scans (which has also happened)? So does good news always travel fast, and bad news much slower? Not necessarily and not so consistently. Welcome to my cancer whirled.

All of this is fairly manageable (believe it or not), except that I know of lung cancer patients who have their CT Scans in the morning, and after lunch, have their appointment with their oncologist to discuss the results. Just like at my wife's bar: "Same Day Service." Unfortunately, that's not my day. My reality is quite different, and there seems little I can do about it. And consider that for yours truly - and any other patient waiting for scan results (mammograms comes to mind) - managing the anxiety seems the only reasonable action, rather than stressing about a results loop that likely will never change (maintaining similar behavior and expecting different results; I'm not insane. See July 13th column).

As you can read, my cancer-patient experience has been a combination of a roller-coaster ride, Ferris wheel and bumper cars; up and down and all around and getting smashed at any ime Without much amu you don't find some joy in it, there will only be loathing. And that's no way to live your life, making a bad situation worse, especially as a cancer patient. Certainly communication and clarity matter; so too does peace and happiness.

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

## Debating Potomac River Intake Plan

From Page 3

water was not only cleaner but much more consistent and uniform at the center of the river," Baidoo said at a public meeting on Thursday, July 14. "That's what's driving this."

According to Suzie Boltz of EA Engineering, Science, and Technology, Inc., the main problem is the runoff which deposits heavy sediment in the river's shore water, particularly after big storms. This isn't a problem to the average faucet-drinker, because the water still gets filtered. However, cleaning the extra runoff exacts a toll on the plant itself, which not only has to clean out this additional sediment, but also has to play a balancing game as the river's sediment concentration levels swing.

This runoff effect is lessened further from the river's shore, and WSSC Chief Engineer Richard Shagogue predicted building a new intake to draw from this cleaner, stabler source could shave \$800,000 from the plant's annual \$1.8 million in maintenance and treatment costs. Since then the project has been chugging along, working its way through environmental impact surveys and special use permits, but Boltz predicts the project could finally begin work within 3-5 years, and reach completion about 4 years after that.

But not everyone is enthusiastic about these developments. "We can't just leave our problems and go further and further into the river," said Ginny Barnes, environmental chair for the West Montgomery County Citizens Association (WMCCA). "This is the last straw in the drink. After this there's nowhere else to go." Barnes' argument is that instead of spending money to move the intake out to cleaner waters, the problem should be combatted at its source: the polluting runoff that made the shore water so dirty in the first place.

A large portion of the runoff pollutants, Barnes said, come from the watershed of the Watts Branch tributary, an area adjacent to

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Monday-Friday, 7 a.m.-5 p.m. for six to eight weeks. Montgomery county's

soon begin resurface roadways in the

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**PROJECT IN POTOMAC** 

Bulletin Board



The Potomac Filtration Plant's current intake.

Rockville Town Center and the Interstate 270 corridor. This area's rapid residential and commercial development in the last 50 years have been paid for with increasingly poor water quality. "I live by Watts Branch," Barnes said, "And it's so muddy, in storms it looks like chocolate milk. It's been worsened by all the development we've allowed and all the storm water

This is where Barnes would start if the decision were up to her, although she acknowledges such a course of action would be "harder, it would take multi-jurisdictional cooperation, it would take cleanup. But we need to look at alternatives that actually do something to re-

pair existing damage, or what will we do in 50 years when the sediment has reached the middle of the river too?"

WSSC and WMCCA both agree on the importance of greater community participation in the decision-making process. Comments, ideas, and criticisms about the new intake project can be submitted online at http:// parkplanning.nps.gov or mailed to: Chesapeake & Ohio Canal National Park, Attn: Chris Stubbs, 1850 Dual Highway, Suite 100, Hagerstown, MD 21740.

All submissions should be made before midnight of Aug. 14 to benefit the decision-making process, and guide the future of the river.

THURSDAY/SEPT. 1

SUNDAY/SEPT. 18

**Drop in Discussion about Grief** 

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#### TUESDAY/AUG. 16

#### **Drop in Discussion about Grief** and Healing. 6:30-8 p.m. at

Montgomery Hospice, 1355 Piccard Drive. Rockville. For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for

#### SUNDAY/AUG. 21

Rabies Vaccine Clinic. 8-10:30 a.m. at 7315 Muncaster Mill Road,

Derwood. The Montgomery County Animal Services and Adoption Center will hold rabies vaccination clinics through September. The vaccinations are free with the purchase of a Montgomery County Pet License. Maryland law requires that all dogs, cats, and ferrets over the age of 4 months be continuously vaccinated against rabies. Also by law and beginning at that age, all dogs and cats must have a Montgomery County Pet License. Bring proof of previous rabies vaccinations. All dogs must be leashed and cats and ferrets must be in carriers or otherwise contained.

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#### TUESDAY/AUG. 2, 9 AND 16 For Men: Getting a Handle on

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**Grief.** 6:30-8 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville. A three-session workshop for men grieving the death of a loved one. Led by male facilitators. Free and open to any Montgomery County resident. Registration required, call www.montgomeryhospice.org for

#### THURSDAY/AUG. 4

**Drop in Discussion about Grief** and Healing. 1:30-3 p.m. at Montgomery Hospice, 1355 Piccard Drive, Rockville, For anyone mourning the death of a loved one. Free and open to any Montgomery County resident. Registration required, call 301-921-4400. Visit www.montgomeryhospice.org for

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\*For yeal parmigiana or tuna steak add one dollar.

Combos available Monday thru Friday, 11am–4pm. Additional charge for priced condiments. Good for dine-in and carryout only. Not valid with other offers.

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