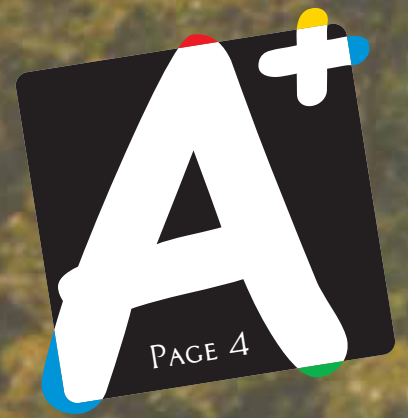


Potomac ALMANAC



Putting the finishing touches on a garage dormer, Dick Fitzgerald said it took him much longer to finish the garage than it did their house. He did the garage completely alone, whenever time was available.

An Introduction To 'Brickology'

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PHOTO BY CISSY FINLEY GRANT

AUGUST 17-23, 2016

ONLINE AT POTOMACALMANAC.COM

Training for Service

Family raises service dog.

BY ASHLEY CLAIRE SIMPSON
THE ALMANAC

As the Geier family of five moves from Potomac to Greensboro, N.C. this month, they are bringing one element of home with them: Pandy, the dog they are raising with Canine Companions for Independence (CCI), a nonprofit organization that provides service dogs for free to people with a broad spectrum of disabilities.

Pandy is a puppy that the Geiers took on in February of this year, when she was just 8 weeks old. The longtime Potomac residents will have Pandy, and keep up with her training schedule, until November of next year, when CCI will take her back in for the final steps toward becoming an official assistant dog for a forever owner.

"I was looking for a service project for my son," Tammie Geier said, of how she found out about CCI and its mission to provide a prepared, caring canine companion to as many disabled people as they can — from wounded veterans to people battling neurological conditions. "We needed to find something both for his school and for his Bar Mitzvah project. My son really wanted to do something with animals, while my husband wanted him to take on a project that dealt more with people. When I saw the puppy raiser project in my Internet search, it seemed like it would meet both criteria and would work well for our family."

The Geiers also have traditional pets, who have welcomed Pandy — a black Labrador and golden retriever mix — into the family home without any issues. Aside from her 12-year-old son, she has a younger daughter and another younger son, as well, who have all happily accommodated a service-dog-in-training. The Geiers' seven-year-old Australian Shepherd and Pandy have also become fast friends.

Tammie Geier said CCI has been amazing to work with, and she has no doubt that Pandy will one day change the lives of whomever she ends up going home to.

"CCI is very serious about their dogs and who they pick," she said. "In the applications process, I went through an hour-and-a-half-long screening telephone call to make sure our family could take this on — logistically, emotionally and financially. They are protecting their asset in the hopes that they are going to place their dogs with people who are going to



PHOTOS CONTRIBUTED

Sam Geier, 12, had a service project to do which led to Canine Companions for Independence.

take the program seriously. So from the beginning, there were a lot of questions like, 'Are you going to be able to give this dog up?' and 'Is this going to impact your children?'"

CCI relies on volunteer host families like the Geiers to take in these puppies and not only provide them with loving homes, but also to follow a strict training schedule for the year plus of their lives. Not only do the Geiers teach Pandy certain commands that go well beyond what most owners would train traditional pets to do, but Tammie Geier said that she takes Pandy to professional training multiple times every week.

"This isn't an ordinary puppy, and we have all been taking her very seriously" Tammie Geier said. "She behaves very differently than the pet. The program asks that she is in training programs at least twice a month, so from the get-go, when we were in the Maryland area, she was either going to group CCI training either in Maryland or Virginia. We've taught her things that you just wouldn't teach a pet, and she is very obedient. I don't know if that's a result of the time we spend with her, or if that's just her. She is very disciplined, and just such a sweet dog."

In her short life, Pandy has already positively im-

SEE FAMILY RAISES, PAGE 9



Lizzy Geier, 10, with Pandy



Noah Geier, 9



Pandy

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9/21/2016.....A+ Camps & Schools Back to School, Open Houses

9/28/2016.....Connection Families: Fall Fun, Food, Arts & Entertainment

OCTOBER

10/5/2016.....Wellbeing Senior Living Pullout

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GETTING AROUND

The House That Dick Built An introduction to “Brickology.”

BY CISSY FINLEY GRANT
THE ALMANAC

It's the house that Dick built. And, the garage. And, the serpentine wall.

Dick Fitzgerald has been a Potomac resident since 1978 when he completed building the house where he and his wife, Anne, have lived since moving in “before the staircase banister was even installed,” he said.

“When I was a child in kindergarten the only thing I was interested in was houses. I drew pictures of houses while most kids my age were drawing cats and dogs,” he said.

However, it was a fourth grade, school field trip, that clinched his passion, not for houses, but for bricks. “The entire class went to see two houses being built and we watched brick layers putting up walls. I went home and told my mother ‘I want to be a brick layer,’” he said.

His interest in brick, from that day forward, has never stopped as has his enthusiasm for sharing his knowledge on the subject.

His first application for brick and its appropriate application to structures is deep seated and never ending.

Growing up in Washington, D.C., his family lived next door to where his bedroom window overlooked a brick rambler under construction. “I watched it being built and would go over, scoop up left over mortar, get scraps of wood and then put little houses together,” he said.

The “little houses” he put together grew in such numbers he eventually was allocated about a hundred square feet in the family back yard. It became known as, “Dickey’s play yard.”

“I made my village with houses the size of cinderblocks, some two stories, some



PHOTO BY CISSY FINLEY GRANT

The “Bricklayer’s Respite” plaque embedded in the Fitzgerald’s serpentine wall is a gift from Chuck Wagner, a friend and well known area roofing contractor.



PHOTO BY DICK FITZGERALD

The Williamsburg Cape Cod Cottage Dick Fitzgerald built features a “pea gravel,” circular driveway. “It is used at George Washington’s ‘Mt. Vernon’ and throughout Williamsburg,” he said. Advice to the unaware, don’t try walking in high heels on “pea gravel.”

ramblers and some with swimming pools or patios,” he said. He also built a cemetery, surrounded by a stone wall. This is where he buried his pet goldfish and miniature turtles, complete with tiny head stones made from mortar.

All this happened when Fitzgerald, now in his mid-70s, was in the sixth grade. It wasn’t until nearly 25 more years following his graduation from Woodrow Wilson High School, five years of studying architecture at Columbia Technical Institute, marriage to his wife, the former Anne Crain, and the arrival of two daughters, Kerrienne and Lori, did his ambition to build a house finally come to fruition.

By then he was a full time superintendent with a masonry contractor in Virginia and owned a home in Bethesda. Following his day job in Virginia, he drove every evening to Potomac where he and Anne had bought a corner acre wooded lot and where Fitzgerald, in 1976, broke ground, fulfilling his dream to build a house into which they moved, July 1978.

“I would work on the house until dark every night and weekends. One carpenter framed while I did all the brick work. When football season started all my buddies left me, including those friends who assisted with mixing mortar, building scaffolding and carrying bricks up the scaffolds to me,” he laughed while remembering.

Thirty-seven years later, just maybe, but no guarantee, Fitzgerald has finished his



PHOTO BY CISSY FINLEY GRANT

The handmade cupola on top of the garage was made in Culpepper, Va. “I got on top of the roof and got on a ladder to put that damn goose weathervane up,” Fitzgerald recalled.

Perched atop the serpentine wall at his Potomac home, Dick Fitzgerald is seated in front of the garage he completed this spring. He cut out the garage window to his left from an old door frame he found in a Rockville junk yard. At right, the window, circa 1900, he found in a Rhode Island antique shop. “What caught my eye was one frosted glass pane in the center,” he said.

PHOTO BY CISSY FINLEY GRANT

three-and-a-half baths and a full basement. He estimated he used between five and six thousand bricks, each of which he approved, before finishing the house, and later, a garage and serpentine wall.

The Fitzgerald Cape Cod garage is an identical copy of one built in Washington in 1946, by the late Claude Johnson, a well known D.C. builder, admired by Fitzgerald since childhood. “It’s a Cape Cod two-car garage, a story-

and-a-half high with a rope pulley for the upper storage area and a front door just like in the olden days,” he said. The shingled roof is identical to that on the house.

It was during the garage tour when the

dream place. It’s the love for bricks that kept him going from house to wall to garage. “I had my hands on every brick that went into this place,” he said. This includes a three-bedroom Williamsburg Cape Cod Cottage that features a kitchen with walk-in fire place, spacious living and dining areas,

SEE AN INTRODUCTION, PAGE 9

When it comes to Aging-in-Place, Focus on the Bathroom



One extremely important room in the home when it comes to accessibility is the bathroom. Here are some things to consider incorporating into your bathroom as you age-in-place, or as we like to call it, living-in-place:

- Wall support and provision for adjustable and/or varied height counters and removable base cabinets
- At least one wheelchair maneuverable bath on main level with 60-inch turning radius or acceptable 1-turn space and 36-inch by 36-inch or 30-inch by 48-inch clear space
- Bracing in walls around tub, shower, shower seat, and toilet for installation of grab bars to support 250-300 pounds
- Curbless shower, minimum of 36-inches wide, with fold-down seat
- Lower bathtub for easier access
- Adjustable/handheld showerheads with 6-foot hose
- Tub/shower controls offset from center
- Toilet two and a half inches higher than standard toilet (17-19 inches) or height-adjustable
- Wall-hung sink with knee space and panel to protect user from pipes
- Slip-resistant flooring in bathroom and shower



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Create a Back-to-School Game Plan

Educators tell how to make the transition less jarring.

BY MARILYN CAMPBELL
THE ALMANAC

As a single mother of a fifth grade student, Christine Schull is already making back-to-school preparations. Her plans include more than purchasing notebooks, pencils and new shoes. She knows that she and her daughter will have to shift their schedules and prepare to get back into a scholastic mindset.

"She gets up early every day ... but because it is summer, she wants to go to bed late ... about two or three weeks out, I will be much more firm about her bed time," said Schull, assistant dean and professor of Early Childhood Education at Northern Virginia Community College in Alexandria. "Also, to start getting her academic muscles flexing, I usually supplement with some academic enrichment. I am hiring someone to work with her once a week just to give her a taste of what she will experience in fifth grade."

Whether a child's summer is packed with camps and vacations or filled with lazy days and complaints about being bored, students often find the back-to-school transition to be challenging. From the prospect of reuniting with friends to getting reacquainted with homework, it is not uncommon for children to experience mixed emotions about jumping back into a busy fall schedule.

"Going back to school is really more than just a one-day event," said Dr. Lisa Turissini, Ed.D. assistant professor and chair of the Department of Education at Marymount University. "This type of transition is about the forming of a new habit. Brain researchers



Science teacher Sarah Boor works with students at Norwood School. Educators say now is the time to prepare children for a return to school.

PHOTO BY JAMES KEGLEY FOR NORWOOD SCHOOL

agree that the forming of a new habit also includes the breaking of an old one."

Having a conversation with children and assessing their feelings about returning to school is a good place to start, recommends Licensed Clinical Psychologist Jerome Short, Ph.D., associate professor of Psychology at George Mason University.

"Children have a variety of ways of thinking, feeling, and acting toward the upcoming transition back to school," he said. "Some children are optimistic and excited about school and are already preparing for the first day. Others may be anxious or avoid thinking about a new school year, and may need more support, structure, and encouragement from parents to prepare themselves."

He encourages parents to listen to their children's concerns and empathize with their feelings. "Summarize what they tell you, and tailor your approach to their needs with their input," added Short.

It's not just children who may experience school anxiety. Some parents may be worried about their children starting a new school, changing schools, facing

more rigorous academics or dealing with difficult social situations. "Fear of the unknown can cause anxiety," said Turissini. "Working with your children to build resilience and manage their emotions can be beneficial for the whole family. Children are extremely capable of dealing with change, and parents can help them by creating an environment at home that encourages them to share their feelings about returning to school."

Reconnecting or connecting with other parents and students for support can help with the transition. "Others may help motivate, empathize, or make school preparations fun," said Short. "There are opportunities to increase children's communication abilities and social skills if they spend time together on school tasks."

Planning ahead and establishing a regimented sleep schedule in August can help parents get their children acclimated to the early wake up times for the upcoming school year. "If you want your child to have a less painful transition back to a new school year, now is the time to take proactive measures to change your child's bedtime routine," said Turissini.

"...[It] gives their biological

clock time to adjust so the transition is not so abrupt," she said. "A regular bedtime and wake up time will build the needed structure into a child's schedule, and this new habit will help [a child] to embrace the new routine that the school year brings."

"Don't do it all at once, do it gradually," said Mark R. Ginsberg, Ph.D., dean of the College of Education and Human Development at George Mason University. "Start with [moving your children's bed time] one-half hour earlier, then 15 minutes earlier."

Other recommended time adjustments include reestablishing routines that might have been lost during the summer. "If your summer has been schedule-free, get back to some of your old routines now. Start those regular family meal times or game nights," said Turissini.

In addition to rearranging sleep schedules, now is the time to tackle back-to-school shopping and schedule doctor visits.

Completing summer reading lists and other summer assignments can also get students ready to learn. "We want students to return to school learning ready, which means children should be reading for pleasure ... for about 30 minutes a day," said Karen O'Neill, head of Lower School at Norwood School. "Sustained reading is a skill that requires practice at home."

Parents can reinforce a child's interest in books by reading to their child or reading their own book while their children read. "Don't turn on the television in another room while your child reads," said Ginsberg. "Have a family reading hour. Modeling the behavior is powerful for the child."

"At least one week before the

SEE HOW TO, PAGE 9

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Annual Back-to-School Backpack Drive

Local organization collects school supplies and backpacks to support low-income families.

BY MARILYN CAMPBELL
THE ALMANAC

A local organization is working to make sure some of the area's neediest students have the supplies they need when school begins this fall. Interfaith Works' annual backpacks and school supplies drive is now underway. The effort will provide about 2,500 economically vulnerable students with brand-new backpacks filled with school supplies.

Potomac residents Bruce and Margo Fonoroff are helping with the effort by partnering with Interfaith Works to host an annual ice cream social. The social is Saturday, Aug. 20, starts with a car show at 11 a.m. and continues with food, prizes and live music at Park Potomac Place in Potomac. The public is asked to bring new backpacks filled with school supplies.

"The school supplies program is so important, not just because it helps kids in need feel confident and prepared to start the school year right," said Shane Rock, Interfaith Works CEO. "The program also lifts a financial burden from

ICE CREAM SOCIAL – SCHOOL SUPPLIES DRIVE

SATURDAY, AUG. 20, 11 A.M.

Park Potomac Place
12500 Park Potomac Ave., Potomac
Bring a backpack filled with school supplies. Top 5 Items Needed: Pencil boxes, pencil pouches, new 2-inch binders, blue pens, and black pens
New supplies can also be delivered to:
Interfaith Clothing Center
751 Twinbrook Parkway
Rockville, MD 20851

families so they aren't forced to choose between equipping their kids with tools for school and paying the electric bill or buying food or medicine."

Interfaith Works is a local, non-sectarian interfaith coalition of more than 165 affiliated congregations of diverse faiths, working together to meet the needs of the poor and homeless in Montgomery County. Officials from the organization are distributing backpacks to children every Friday in August at the Interfaith Clothing Center, located at 751 Twinbrook Parkway in Rockville. Donations of backpacks and school supplies can be dropped off at this location.

Visit www.iworksmc.org/school-supplies-drive/ for a complete list of supplies.

Easy Transition

FROM PAGE 8
first day of school, create the morning routine that will allow your child to arrive at school with time to organize belongings, chat with friends, and create a mindset for learning," said O'Neill.

Invite children's participation when creating a back-to-school plan. "From my own experience as a parent and educator, it's best to engage them in a conversation, rather than telling them what to do," said Ginsberg. "Ask them what it is that they think they need to do to get themselves ready."

Going from a carefree summer to a structured school year packed with activities can be jarring for some students. To ease the blow, Turissini suggests having candid conversations about the upcoming school schedule and ways in which the family can establish balance.

"Create a family calendar of school, extracurricular, and fam-

ily activities," she said. "Allow for some downtime on the calendar for each child so they can choose to do whatever it is they would like. Kids don't inherently know how to add balance to their lives, so as a parent, it is important to look for the opportunities to model balance at home, work, school, and personal pursuits."

To ease anxiety about back-to-school transportation, Michele Claeys, associate head of school and head of middle school for Norwood School, suggests "if your child walks to school or takes a bus, walk the route together or check out the bus stop together."

Claeys also recommends taking time to review the curriculum for the upcoming year, if it is available, and talk about some of the things they will be learning. "Hopefully this will inspire excitement about all the learning to come," she said.

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Considering a Private School?

Educational consultants can help families navigate application process.

BY MARILYN CAMPBELL
THE ALMANAC

For families considering an independent school for the 2017-2018 school year, the admissions process begins this fall. From essays and interviews to school visits and standardized tests, the process for getting into kindergarten may feel nearly as daunting as applying to college.

Narrowing down the vast field of potential schools to find the best fit, completing the application and securing a slot at one of the area's top private schools are all challenging tasks. That's why many families rely on an educational consultant to help them understand and navigate through the entire process.

"Schools have as varied personalities as students do," said Mark H. Sklarow, CEO of the Independent Educational Consultants Association (IECA) in Fairfax. "Level of competitiveness, exploration versus memorization, independence versus group work, philosophies of learning, uses of technology, requirements in sports and the arts ... the list goes on."

When choosing a consultant, avoid those who guarantee that they can obtain admission to a particular school or secure a specific dollar amount in scholarship funding, advises Sklarow. Additionally, educational consultants should not complete admission application forms or write or re-write student essays.

An educational consultant's role is to guide students and parents through the admissions process. Consultants usually begin by meeting with families and getting to know the child's educational needs, identify strengths and weaknesses, and consider their interests and dislikes. Ideally, consultants combine the information they glean from their conversations

with the family with their knowledge of area schools to help families decide on schools that are a good fit.

"Consultants can help families select a school that is the right fit. "Parents need to be realistic about their child's strengths and weaknesses and learning style," said Mimi Mulligan, assistant head and director of Admission and Enrollment Management for Norwood School. "All independent schools offer fine academic programs, but we each have a unique school culture."

Consultants aim to give students and families unbiased advice and recommendations based on their professional judgment of a student's needs and abilities. Consultants who are IECA members, for example, have "visited hundreds of campuses to understand the culture beyond the numbers to ensure such a successful pairing," said Sklarow.

Sklarow advises families to begin working with an independent educational consultant during the academic year before the year they plan to apply to an independent school.

What To Ask

Questions to ask before hiring an independent education consultant:

1. Do you guarantee admission to a school, one of my top choices, or a certain minimum dollar value in scholarships? (Do not trust any offer of guarantees.)
2. How do you keep up with new trends, academic changes and evolving campus cultures? How often do you get out and visit college, school, and program campuses and meet with admissions representatives? (The only way to know about the best matches for

you is to be out visiting schools regularly — a minimum of 20 campuses per year.)

3. Do you belong to any professional associations? (NACAC and IECA are the two associations for independent educational consultants with established and rigorous standards for membership.)
4. Do you attend professional conferences or training workshops on a regular basis to keep up with regional and national trends and changes in the law?
5. Do you ever accept any form of compensation from a school, program, or company in exchange for placement

or a referral? (They absolutely should not.)

6. Are all fees involved stated in writing, up front, indicating exactly what services I will receive for those fees?
7. Will you complete the application for admission, re-write my essays, or fill out the financial aid forms on my behalf? (No, they should not; it is essential that the student be in charge of the process and all materials should be a product of the student's own, best work.)
8. How long have you been in business as an independent educational

consultant (IEC)?

9. What was your background prior to going into independent educational consulting? What was your training and education?
10. Will you use personal connections to get me in to one of my top choices? (The answer should be no. An IEC doesn't get you admitted — they help you to demonstrate why you deserve to be admitted.)
11. What specialized training do you have (LD, gifted, athletics, arts, etc.)?

— Courtesy of IECA

SCHOOL NOTES

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

William Lewis and **Sruti Uppuluri**, of Potomac, graduated from Rensselaer Polytechnic Institute (Troy, N.Y.). Lewis earned a bachelors in psychology. Uppuluri earned a bachelors in biochemistry and biophysics.

Nicole Manilich, of Potomac, was named to the dean's list at John Carroll University (University Heights, Ohio) for spring 2016.

Joel Berinstein, of Potomac, recently attended Space Academy at the U.S. Space and Rocket Center, NASA Marshall Space Flight Center's Official Visitor Center. Berinstein was part of the Space Academy program, designed for those with a particular interest in space exploration. Berinstein spent trained with a team that flew a simulated mission to the International Space Station.

Mina Mirzaie, of Potomac, a sophomore in the College of Arts and Sciences was named to the dean's list for spring 2016 at Creighton University (Omaha, Ne.).

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/AUG. 17

Volunteer Training. 7 p.m. at Senior Connection, 3950 Ferrara Drive, Silver Spring. Seniors who no longer drive still need to get to medical appointments, they also need groceries, prescriptions, and services from local banks, dry cleaners, and shopping malls. Volunteers who drive for the Senior Connection offer critical support to seniors who want to live as independently and remain integral members of the community for as long as possible. Contact volunteer@seniorconnectionmc.org, call 301-962-0820 or visit www.seniorconnectionmc.org.

THURSDAY/AUG. 18

Foster Parent Information Meeting. 6:30-8:30 p.m. in the First Floor Conference Room at Montgomery County Health and Human Services, 1301 Piccard Drive, Rockville. Learn more about becoming a licensed foster parent in Montgomery County. Visit www.montgomerycountymd.gov/HHS-Program/CYF/

CYFFosterCareMeetings.html.

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. Visit www.montgomerycountymd.gov/animalservices for more.

WEDNESDAY/AUG. 24

Public Meeting on Term Limits. 8 a.m. in the Fifth Floor Conference Room at the County Council Office Building, 100 Maryland Ave., Rockville. The public is invited to attend a meeting of the Montgomery Charter Review Commission (CRC) and to comment on the November ballot question to limit Councilmembers and County Executive to three terms. To attend and offer comments at the meeting or

offer comments via email, inform the CRC via datereviewcommission@montgomerycountymd.gov.

THROUGH AUG. 30

- Pop-up Rabbi.** Dates, times and locations vary. Interested in chatting with a rabbi, or have a question? Rabbi Adam Raskin of Congregation Har Shalom invites community members to join him for a cup of coffee. Free. Contact Carly Litwok at carly@harshalom.org or 301-299-7087. Visit www.harshalom.org for more.
- ❖ Tuesday, Aug. 23, 8:30-10:30 a.m. Starbucks, Cabin John Mall, 7911 Tuckerman Lane.
 - ❖ Thursday, Aug. 25, 2:30-4:30 p.m. Aroma Espresso Bar, Westfield Mall, 7101 Democracy Blvd.
 - ❖ Tuesday, Aug. 30, 2:30-4:30 p.m. Starbucks at Barnes & Noble, Montrose Crossing, 12089 Rockville Pike.

THURSDAY/SEPT. 1

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.

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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

Montgomery County Agricultural Fair. Through Aug. 20, Various times at Montgomery County Agricultural Center, 501 Perry Parkway, Gaithersburg. Tickets are \$10, free for children 11 and under. Visit www.mcagfair.com for full schedule.

Nicole Mueller: "First Cut."

Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. "First Cut" is a series of works exploring collage as both medium and metaphor. Free. Visit www.visartsatrockville.org for more.

Gen-Y 3.0. Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. This exhibit features artists age 17-27. Exhibiting artists include Sobia Ahmad, Katherine Akey, Susie Bae, Amy Berbert, Abbie Fundling, Jared Green, Ashley Ja'nae, Kern Lee, Emmanuel Mones, Richard Munaba, Angeliq Nagovskaya, Raheel Raad, Yoon Sun Shin, Qin Tan, and Vivien Wise. Free. Visit www.visartsatrockville.org for more.

Eric Celarier: "Trash." Through Aug. 21, gallery hours at VisArts, 155 Gibbs St., Rockville. Eric Celarier assembles garbage to describe biological evolution in the wake of human existence. Free. Visit www.visartsatrockville.org for more.

"Peter and the Wolf." Through Aug. 28, various times at The Puppet Company – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Staged with half life-sized marionettes, Peter and the Wolf is a one-man show based on Prokofiev's popular tale of good versus evil. Tickets are \$12. Visit www.thepuppetco.org 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 more.

Exhibit: "Triple Vision." Through Aug. 28, 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 more.

"Rising Scaffold." Through Aug. 28, 12-6 p.m. Saturdays and Sundays at Glen Echo Park – Stone Tower Gallery, 7300 MacArthur Blvd, Glen Echo. This site-specific 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." Through Aug. 28, 12-6 p.m. Monday-Saturday at Glen Echo Park – Park View Gallery, 7300 MacArthur Blvd, Glen Echo. Each 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 for more.

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 www.storelocator.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/cocktails-and-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 Corner 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,



Nicole Mueller's "Cacophony," is part of her exhibit titled, "First Cut." The show will hang through Aug. 21 at VisArts at Rockville. Visit www.visartsatrockville.org.

story time, arts and crafts, sing-alongs, prizes and more. Visit rockilletownsquare.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.

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/AUG. 18

Echoes of Nature: Swashbuckling Animals. 11 a.m.-12 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. Dress like a pirate and meet animal friends who could've sailed the seven seas. Free. Call 240-777-0690 or visit www.montgomerycountymd.gov/library/branches/potomac.html.

AUG. 19-SEPT. 25

Photoworks: "Earth, Water, and Air." 1-4 p.m. Saturday, 1-8 p.m. Sunday at Photoworks Gallery – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Three artists, Leslie Kiefer, Rebecca Clews, and Caroline Minchew, explore the elements via photography. Free. Visit www.glenechophotoworks.org.

SATURDAY/AUG. 20

Race Against Time with Sciencetellers. 2-2:45 p.m. at Bethesda Library, 7400 Arlington Road, Bethesda. Experience the science of power and energy through several exciting, hands-on experiments. Free. Visit www.montgomerycountymd.gov/library/branches/bethesda.html.

Nutrition For Your Pet. 2-4 p.m. at Your Dog's Friend, 6030 Grosvenor Lane, Bethesda. Dry, canned, cooked,

raw, in a bowl or toy? Pennye Jones-Napier, co-owner of Big Bad Woof, will discuss these choices, as well as the basics of reading dog food labels and the differences between ingredients. Learn about the nutritional needs of dogs at different ages and stages of health and safety issues to keep in mind when choosing food and treats. Free. Visit www.yourdogsfriend.org/free-workshops/ or call 301-93-5913.

SATURDAY-MONDAY/AUG. 20-22

Comcast Xfinity Outdoor Film Festival. 8:30 p.m. at the Gudelsky Gazebo, 10701 Rockville Pike, North Bethesda. Watch "Jurassic World," "Minions," and "The Wizard of Oz." Free. Visit www.strathmore.org.

SUNDAY-TUESDAY/AUG. 21-23

Auditions: "A Delicate Balance." 6 p.m. Sunday, 7 p.m. Monday and Tuesday at Congregation Har Shalom, 11510 Falls Road, Potomac. All roles are open and experienced actors are encouraged to audition. Auditions will be readings from the script. Sides will be provided; please be familiar with the script and bring resume and head shots. Free. Email Laurie T. Freed, litelmama@verizon.net or call 301-987-2478 for more.

THURSDAY/AUG. 25

100th Birthday Celebration at Historic Great Falls Tavern. 12:15 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Join the Centennial Celebration as the National Park Service turns 100 years old. Listen to a Ranger-led talk and eat cake and ice cream. Free, plus parking fee. Call 301-767-3714.

FRIDAY/AUG. 26

Paper Source: "Incredibly Awesome Card Crafting." 6-8 p.m. at Paper Source Bethesda, 4805 Bethesda Ave., Bethesda. Learn to stencil, stamp, heat emboss, paint, line envelopes. Visit www.papersource.com for more.

SATURDAY/AUG. 27

Dog Training by Imitation. 2-4 p.m. at Your Dog's Friend, 6030 Grosvenor Lane, Bethesda. Learn about the training method called "Do As I Do" created by Italian PhD ethologist

Claudia Fugassa. Expert trainer Lisa Marino and her dog Spumoni will demonstrate this training technique. Free. Visit www.yourdogsfriend.org/free-workshops/ or call 301-93-5913.

Reception & Gallery Talk: "Earth Water Air." 4-6 p.m. at Glen Echo Park – Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Three local photographers work to capture the mystery and movement of the natural world. Free. Visit www.glenechophotoworks.org.

SATURDAY-SUNDAY/AUG. 27-28

Dog Days of Summer on the Canal. 10 a.m.-4 p.m. at Great Falls Tavern, 11710 MacArthur Blvd., Potomac. Musical entertainment and interpretation about the ice house near Historic Great Falls Tavern. Free, plus parking fee. Call 301-767-3714 for more.

SUNDAY/AUG. 28

Dixieland Jazz Jam Session. 3-6 p.m. at Normandie Farm Restaurant, 10710 Falls Road, Potomac. Bring an instrument and sit in with the Conservatory Classic Jazz Band during the first set. Or just drop in to listen to classic jazz, Dixieland, and swing. Tickets are \$10, free for students and musicians. Contact 301-762-3323, or prjc.org.

SATURDAY/SEPT. 3

Labor Day Open House. 12-4 p.m. at Glen Echo Park – Photoworks Gallery, 7300 MacArthur Blvd., Glen Echo. Meet Photoworks faculty as they present "Signature Images" from their portfolio of work. Free. Visit www.glenechophotoworks.org.

SATURDAY-MONDAY/SEPT. 3-5

Labor Day Art Show. 12-6 p.m. at Spanish Ballroom – Glen Echo Park, 7300 MacArthur Blvd., Glen Echo. Find art of various media as well as some children's work. Free. Visit www.glenechopark.org for more.

THURSDAY/SEPT. 1

Great Decisions. 12:30-2 p.m. at Potomac Library, 10101 Glenolden Drive, Potomac. On the eve of the international organization's 70th birthday, the United Nations stands at a crossroads. This year marks a halfway point in the organization's global effort to eradicate poverty, hunger and discrimination, as well as ensure justice and dignity for all peoples. But as the UN's 193 member states look back at the success of the millennium development goals, they also must assess their needs for its sustainable development goals — a new series of benchmarks, which are set to expire in 2030. With the appointment of the ninth secretary-general in the near future as well, the next U.S. president is bound to have quite a lot on his or her plate going into office. Free. Email potomacfol@gmail.com with "Great Decisions" in the subject line.

SATURDAY/SEPT. 10

My Gym Open House. 9:30 a.m.-1:30 p.m. at My Gym, 11325 Seven Locks Road, Potomac. Learn about classes available for children age 3 months-10 years. Free. Visit www.mygym.com/potomac for more.

Tomato Festival. 12-5 p.m. at North Bethesda Market, 20 Paseo Drive, North Bethesda. Cooking competitions, tomato-themed promotions, displays, live music, spaghetti eating contest and more. Free. Visit www.nobetomatofestival.com for more.

Potomac REAL ESTATE

PHOTOS BY DEB STEVENS/THE ALMANAC

June, 2016 Sales, \$1,300,000~\$1,487,500

IN JUNE 2016, 96 POTOMAC HOMES SOLD
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1 10412 Grey Fox Road —
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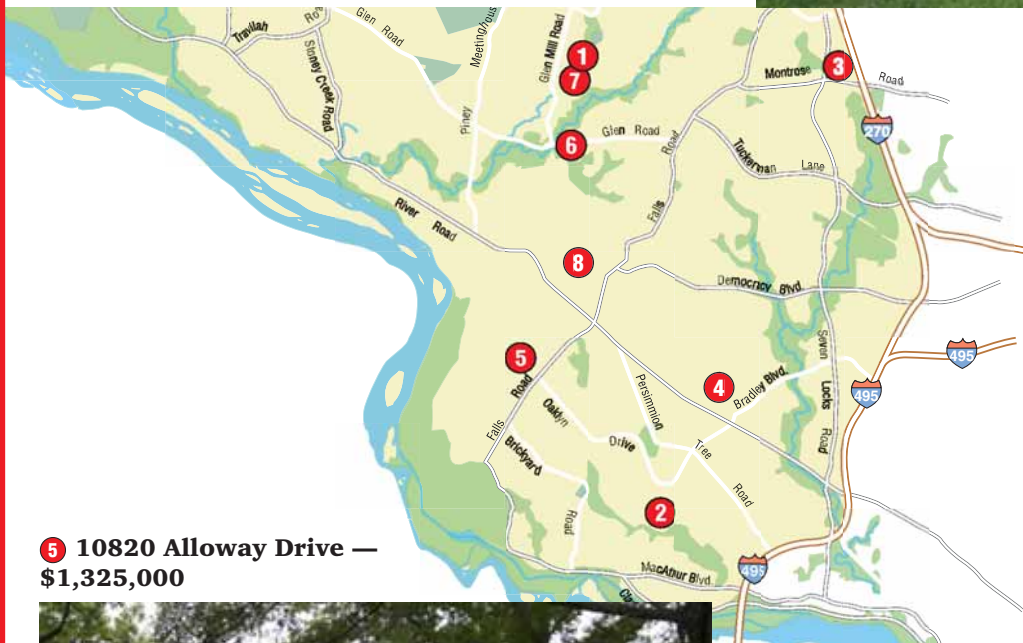
7 10401 Grey Fox Road —
\$1,320,000



6 11513 Twining Lane — \$1,322,000



8 10110 CHAPEL Road —
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5 10820 Alloway Drive —
\$1,325,000



4 9318 Kendale Road — \$1,400,000

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1 10412 GREY FOX RD	6	4	1	POTOMAC	\$1,487,500	Detached	0.49	20854	GLEN MEADOWS	06/10/16
2 7923 SANDALFOOT DR	5	5	3	POTOMAC	\$1,470,000	Detached	0.16	20854	AVENEL	06/10/16
3 7823 CADBURY AVE	5	3	2	POTOMAC	\$1,429,000	Townhouse	0.05	20854	WHEEL OF FORTUNE	06/21/16
4 9318 KENDALE RD	5	3	1	POTOMAC	\$1,400,000	Detached	3.38	20854	BRADLEY FARMS	06/30/16
5 10820 ALLOWAY DR	6	5	0	POTOMAC	\$1,325,000	Detached	2.08	20854	GREAT FALLS ESTATES	06/20/16
6 11513 TWINING LN	5	4	1	POTOMAC	\$1,322,000	Detached	0.81	20854	ELBERON	06/27/16
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8 10110 CHAPEL RD	6	4	1	POTOMAC	\$1,300,000	Detached	4.78	20854	POTOMAC OUTSIDE	06/30/16

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GETTING AROUND



PHOTO BY CISSY FINLEY GRANT

The breezeway, from garage to house, is an after thought following the completion of the garage. “Nothing I could do would keep deer from that area. They were always out there,” he said. The rope seen hanging in front of the garage is typical of old barns and used to haul heavy objects to the loft.



PHOTO BY DICK FITZGERALD

The walk-in fireplace in the Fitzgerald’s kitchen features two warming ovens, one of which is shown to the right of the photo. During snow storms, when power is lost, the family has used the entire fireplace to cook, bake and heat much of the house.



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An Introduction to ‘Brickology’

FROM PAGE 3

builder went into “brick language.” Suddenly, one is introduced to “stretchers” (the long face of a brick), “glazed headers” (one-half of the brick facing, perpendicular to the “stretcher”) and “salmon” a beautiful brick color, not the fish. He continued the “brick language” and included a 200-year-old hand-made “rubbed brick” (bricks rubbed together to smooth down), “gray glazed heads” (two bricks rubbed together to lighten the color, then smoothed down), “incorporate brick work” (to keep bricks in line) which, according to Fitzgerald, the latter “is very slow work and takes forever.”

All of this style of brick work is incorporated in the Fitzgerald home place—house, garage and serpentine wall. Each brick was carefully chosen, each carefully placed. All of them were from Baltimore

where each brick was made from top-notch clay and baked in an extremely hot oven for many hours. The antique bricks are thought to be between a hundred and two hundred years old and came from torn down old Baltimore row houses.

“Good clay makes good bricks,” this “brickologist” said. Without good bricks, chimneys flake and must be repaired. Not that everyone rides around locally looking for flaked chimneys, but if you happen to spot one, remember what the man says who knows his bricks. Good bricks come from good clay. There apparently isn’t good clay suitable for good bricks in the Washington, D.C., area.

Don’t ask, “Why?” Save the next lecture for that small pile of bricks left over in his yard. You will get the family history on each and everyone.

It is no exaggeration to say, “Dick Fitzgerald has bricks in his head.”

Family Raises Service Dog

FROM PAGE 2

pacted one family, and Geier said she has no doubt that Pandi will play a life-changing role in the life of whoever she is designated to help when the time comes.

“Even though the reality is that I am predominantly her trainer, it’s been good for the whole family,” she said. “The children love her very much. It will be difficult to give her up, and I’m sure it will be a tearful goodbye next November, but I can already look at her and know that she is going to do great things. She is going to serve somebody well.”

Tammie Geier has already been amazed by responses of people who have approached her at times she’s had Pandi in tow.

“What I can say is that virtually every time I am out with Pandi, someone comes up to me having recognized that she is a service dog in training. Most recently, someone came up to me and thanked me for doing what I’m doing because her sister had some debilitating physical disease, and her life has been changed by a service dog. Time and time again, people come up to me and thank me. That makes it all worthwhile.”

Lauren Ferraioli, the Puppy Program manager for the northeast region, said that CCI would not be the successful, growing organization it is today without puppy raisers like the Geier family. Still, for continued growth and to be able to put these dogs in homes where they can live out their potential, CCI needs more volunteers.

“Without the support of raisers, we won’t be able to continue the increase the amount of placements we like to make,” she said. “The organization is growing now, and we don’t have enough growers. We need people to participate in the program to change somebody’s life.”

While the program does everything to make sure the puppies go into capable hands, Ferraioli said it doesn’t take anything out of the ordinary to be an eligible volunteer.

“Of course there is an application process, but we are looking for anyone who is willing and able to follow the steps necessary to ensure the dog is set up for success,” she said.

Anyone interested in becoming a CCI puppy raiser should contact Ferraioli, who works in the Northeast regional office in Long Island, N.Y., by calling 631-561-0214 or emailing lferraioli@cci.org.

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Lack of Food - For Thought



By KENNETH B. LOURIE

As I begin my post-chemo week of not eating/having minimal interest in food – and losing weight accordingly, I can't help worrying and wondering if this is a beginning of sorts. You see, what little I know about medical outcomes/chronic conditions is that maintaining/losing weight is an indicator of something; good, bad or indifferent, maybe, but something. Otherwise, why would the oncology nurses who take my vital signs: blood pressure, temperature, oxygen level and pulse, always have me step on a scale? My weight must be important.

I don't suppose gaining weight, however, is nearly the problem/concern that losing weight is, at least when you're being treated for a "terminal" form of cancer as I am: non-small cell lung cancer, stage IV. And neither do I know if the weight loss occurs because I don't feel like eating as I do now or is it because I'm still eating normally and yet am losing weight in spite of it? I just know – or think I know, that losing weight is a bit of a harbinger. Now whether it's reversible, I don't know. I only know that when it happens to me, every week to 10 days after my alimta infusion, I crater emotionally – for a variety of other reasons, too, and inevitably begin to contemplate my future, or more immediately, my present as it relates to my future. Unfortunately, despite the experience I have dealing with this 10-day struggle, I can't always fend off the daemons.

I tell myself a multitude of very familiar reminders: it's nothing new, it's merely the predictable side effect of the drug; you'll/your weight will bounce back, you always do; the treatment is keeping you alive/even shrinking your tumors (based on the most recent CT Scan); perhaps now you'll be able to extend your infusion interval to five weeks (as nine months previous, you had extended it to four weeks from three) and have one more relatively normal-feeling/eating week before that next infusion; and finally, even if the Alimta stops doing its maintenance-type thing (going on three years), there is now an entire new class of drugs/treatment: Immunotherapy, "OPDIVO," as an example, if you've seen the commercial, designed to stimulate one's own immune system to target the tumors with fewer side effects, that didn't exist when I was first diagnosed, so there are more treatment alternatives than ever before and considering my collateral kidney damage, more choices is particularly encouraging.

Yet all this internal bucking up, along with support from family and friends – who know Kenny's post-chemo eating drill, doesn't always stop the irrational, illogical and perhaps ill-conceived thoughts that penetrate and permeate whatever self-defense mechanisms I have employed – repeatedly, to stem this tide of negativity. As much as I would like to believe that familiarity breeds contempt and that my life will go on with nary-this-being-a-blip-on-my-radar, this "familiarity" doesn't breed anything but anxiety and all the related mental deficiencies associated with not exactly feeling your oats. And even though I've been here and done it since September, 2013, I still never know/can't know if this lack of eating and/or lack of interest in eating portends or not. Moreover, sometimes I wonder if the uncertainty is really the killer? I know it's not the cure.

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

NEWS BRIEFS

How to Help Victims Of Apartment Fire

The county has compiled a list of ways for the public to help the victims of the Aug. 10 fire/explosion at the Flower Branch Apartments in Silver Spring.

- Mail Donations**
Mail a check to:
Montgomery Housing Partnership
(Attn: Long Branch Fire)
12200 Tech Road, Suite 250
Silver Spring, MD 20904
Write *LONG BRANCH FIRE* in check memo
One hundred percent of the donation will go to the victims, there are no service fees.
- Online Donations**
Go to: www.MHPartners.org
Click on "Give Direct" (on right side of the screen)
Input amount and credit card number
Make sure you indicate *LONG BRANCH FIRE* in the 'comment' box:
Volunteer/Other Donations
CASA Welcome Center
734 University Boulevard East
(Off University Boulevard, just south of Piney Branch)
- CASA is looking for volunteers to help sort through donations. If you can volunteer as an interpreter (Spanish-English or French-English) for affected families, email: mlarue@wearecasa.org.
- A Wider Circle
9159 Brookeville Road, Silver Spring
301-608-3504
- ❖ Strong preference for drop-off at site. Pick-up will be arranged when necessary.
- ❖ Drop-off furniture seven days a week (Monday - Saturday, 9 a.m. - 6 p.m. and Sunday, 12 noon - 6 p.m.)
- ❖ Home goods
Adventist Community Services of Greater Washington
501 Sligo Avenue, Silver Spring
301-585-6556
- ❖ Cash Donations - Checks can be sent to ACSGW at 501 Sligo Avenue, Silver Spring, MD 20910 (Make checks payable to ACSGW) Emergency Fund.

- ❖ On-line and pay via PayPal and mark it "Other" or Emergency Fund at www.acsgw.org
- ❖ Clothing, houseware items, toiletries, blankets, sheets, etc. — no furniture.

New Immunization Requirements for Seventh Graders

Parents of students entering seventh grade are reminded that there are immunization requirements announced in 2014 that require students to have one Tdap (Tetanus-diphtheria-attenuated pertussis) and one meningococcal (MCV4) vaccination.

Montgomery County Health and Human Services staff will provide free Tdap and MCV4 vaccinations to incoming seventh-grade students at several locations throughout the county beginning in late August. Eighth and ninth grade students entering a Maryland school for the first time should also receive the vaccinations in order to comply with the requirements. No appointment is necessary. A parent or designated adult must be present. Bring a copy of the child's immunization record to the clinic.

The clinics will be held:

- Saturday, Aug. 27; 10 a.m. – 1 p.m.**
Dennis Avenue Health Center
2000 Dennis Avenue, Silver Spring
Germantown Health Center
12900 Middlebrook Road, Germantown
Tuesday, Sept. 13; 4 -7 p.m.
Clemente Middle School
18808 Waring Station Road, Germantown
Benjamin Banneker Middle School
14800 Perrywood Drive, Burtonsville
Eastern Middle School
300 University Boulevard, East, Silver Spring
Wednesday, Sept. 14; 4 – 7 p.m.
Gaithersburg Middle School

- 2 Teacher's Way, Gaithersburg
Argyle Middle School
2400 Bel Pre Road, Silver Spring
Francis Scott Key Middle School
910 Schindler Drive, Silver Spring
Thursday, Sept. 15; 4 – 7 p.m.
Rocky Hill Middle School
22401 Brick Haven Way, Clarksburg
Briggs Chaney Middle School
1901 Rainbow Drive, Silver Spring
White Oak Middle School
12201 New Hampshire Avenue, Silver Spring
For more information on immunizations, call the Montgomery County Department of Health and Human Services' Immunization Program at 240-777-1050 or School Health Services at 240-777-1550.

Hot Weather Tips For Pet Owners

The staff of the Montgomery County Animal Services and Adoption Center reminds pet-owners to ensure the safety of dogs and cats during periods of extreme heat.

Owners are encouraged to bring their domestic pets inside during periods of extreme heat and humidity. Animals that have to remain outdoors must have access to shade and plenty of cool water.

Montgomery County's Executive Regulation 10-10AM, Anti-Cruelty Conditions for Dogs, Section 1.0-II-D is enforced in the summer months whenever and for as long as the Weather Service issues an Excessive Heat Warning. This regulation states that, "A person must not tether a dog under circumstances that endanger its health, safety, or well-being, including: unattended tethering of a dog during a weather emergency." The penalty for this violation is a fine of \$500.

Just as the public is advised not to leave young children or the elderly in a parked

car, this guidance also applies to pets. The temperature inside a vehicle can drastically rise after just a few minutes. That leaves vulnerable people and pets susceptible to heat stroke, brain damage, and even death. Parking in the shade or leaving the windows cracked does little to alleviate the heat inside a vehicle.

Dogs are frequently left unattended in a vehicle and because their bodies are designed to conserve heat, if they are left unattended in a vehicle they can suffer brain and organ damage after just 15 minutes.

The Humane Society of the United States (HSUS) reports that animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs — like boxers, pugs, shih tzus, and other dogs and cats with short muzzles — will have a much harder time breathing in extreme heat.

Signs of heat stroke in dogs include: a body temperature of 104 to 110 degrees, excessive panting, dark or bright-red tongue and gums, glazed eyes, a rapid heartbeat, staggering, stupor, seizures, profuse salivation, vomiting and unconsciousness.

The HSUS provides this suggested treatment for heatstroke in dogs: Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to her head, neck, and chest or run cool (not cold) water over her. Let her drink small amounts of cool water or lick ice cubes. Take her directly to a veterinarian.

Concerns about the safety of an animal during extreme heat and at any time can be reported to the police non-emergency number 301-279-8000, or if it is an emergency to 9-1-1.

BULLETIN BOARD

FROM PAGE 6

THURSDAY/SEPT. 8

Morning Coffee. 10-11:30 a.m. at Corner Bakery, Westlake Drive, near Montgomery Mall, Bethesda. Potomac Community Village hosts, open to all, to meet, chat with other Potomac neighbors about ideas, plans to age in place in our own Potomac homes. Free to attend, pay for own beverages and food. Contact Nelly Urbach at info@PotomacCommunityVillage.org or 240-221-1370, or visit www.PotomacCommunityVillage.org.

SUNDAY/SEPT. 11

50+ Expo. Noon-4 p.m. at Silver Spring Civic Center, 1 Veterans Place, Silver Spring. Expo features expert speakers, health screenings, informative resources, technology education, and entertainment for older adults and their families. Free. Call 301-949-9766 or visit www.theBeaconNewspapers.com/50-expos.

SUNDAY/SEPT. 18

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. Visit www.montgomerycountymd.gov/animalservices for more.

THURSDAY/SEPT. 22

Aging in Place. 7-9 p.m. Potomac Community Village hosts an open-to-all program on "National Policies to Promote Aging in Place," a look at new federal legislation, with aging-in-place expert and Potomac resident Louis Tenenbaum. Free. Contact Joan Kahn at info@PotomacCommunityVillage.org or 240-221-1370. Visit www.PotomacCommunityVillage.org.

JULY-SEPTEMBER

Plant Clinic. 10 a.m.-1 p.m. at Davis Library, 6400 Democracy Blvd., Bethesda. During the 2016 growing season Montgomery County Master Gardeners will answer gardening questions at walk-in Plant Clinics located around the County. Bring full and intact plant and insect samples, garden problems and questions and get free answers.

THURSDAY/OCT. 20

The Mediterranean Diet. 7-9 p.m. Potomac Community village hosts

open-to-all programon "The Mediterranean Diet and its Benefits," with cookbook author Amy Riolo. Free. Contact Joan Kahn at info@PotomacCommunityVillage.org or 240-221-1370. Visit www.PotomacCommunityVillage.org for more.

FRIDAY-SUNDAY/OCT. 28-30

Camp Erin is one of the largest national bereavement programs for youth grieving the death of a significant person in their lives. Hospice Caring is joining a network of 46 Camp Erin locations enabling the organization to serve a larger number of campers in a wider age-range. This session is exclusive to teens (ages 13-17). The program is free and the application is available at www.hospicecaring.org/camp-erin.html.

GUIDE DOG FOSTERS NEEDED

Guiding Eyes for the Blind - Montgomery Region is looking for volunteers to foster and train future guide dogs. Volunteers will foster a specially bred guide dog for 14 months, attend bi-monthly training classes, and teach the pup house manners, people skills and socialization within the community. Dog crates, training equipment and monthly medications are provided. Contact Margie Coccodrilli at 301-869-2216 or gebraiser@comcast.net or visit www.guidingeyes-md.org.

SUPPORT GROUPS

The Alzheimer's Association's Memory Cafes offer a fun and relaxed way for people living with early-stage memory loss to get connected with one another through social events that promote interaction and companionship. The memory cafe in Rockville (4860 Boiling Brook Parkway) operates the third Wednesday of each month from 2:30-4 p.m. Pre-registration is required. Contact Lindsey Vajpeyi at 240-428-1342 or lvajpeyi@alz.org.

Suicide Grief Support Group. At JSSA, 6123 Montrose Road, Rockville. This ongoing bereavement support group is for those who have lost a loved one to suicide. This group meets every first and third Monday. No charge. Pre-registration is required to attend. Call 301-816-2708.

Because I Love You is a nonprofit organization dedicated to supporting parents of troubled children of any age. The group helps parents deal with drugs, runaways, truancy, verbal abuse, physical abuse, curfew violations and other misbehavior, as well as help parents deal with themselves, to manage and live their own lives without obsessing over their child's behavior. The group meets 7:30-9:30 every Thursday at Bethesda United Methodist Church Room 209, 8300 Old Georgetown Road, Bethesda. Visit www.becauseiloveyou.org, email hbrite1@netzero.com or call 301-530-3597.

Adult Bereavement Groups. Dates

and times vary depending on group members. Hospice Care, 518 S. Fredrick Ave., Gaithersburg. Peer driven support groups in those in need of support. Free. Contact Penny Gladhill at 301-990-8904, or Penny@hospicecaring.org.

ONGOING

SUPPORT. Two county services can help residents find out more about services for seniors and individuals with disabilities. The Aging & Disability Resource Unit (ADRU), part of the Department of Health and Human Services, provides assistance, referrals to services and specific information to seniors, individuals with disabilities and caregivers by telephone and in-person. The Connect-A-Ride program provides information and referral for older adults and adults with disabilities about transportation options; including public, private and volunteer transportation services. In addition, the program assists callers with applications for programs such as the Escorted Transportation Program, Call-n-Ride and Metro Access. Language interpretation is available for both services. The Aging & Disability Resource Unit is open Monday and Friday 8:30 a.m.-5 p.m. and open Tuesdays, Wednesdays and Thursdays 8:30 a.m.-7:30 p.m. Call the ADRU at 240-777-3000. The Connect-a-Ride program, funded by Montgomery County and operated by the Jewish Council for the Aging, is open Monday through Friday 9 a.m.-5 p.m. Call -301-738-3252.



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